



Demo card

LEMON ROASTED COD

Demo difficulty level 1 (simple) – 5 (hard)



EGG set up: Indirect

EGG target temperature: 200°C

Cooking time: 20 minutes or until the fish reaches a temperature of 63°C at its thickest point

This quick fish dish is ideal for demonstrating the versatility of the EGG's roasting mode. Using a bed of lemons and herbs helps the fish stand up higher in the skillet, allowing it to absorb just the right amount of smoke.

KEY MESSAGES:

- 1 Roasting is one of the EGG's eight modes
- 2 Roasting is great for fish as well as meat
- 3 A large iron skillet is a great investment for both pan cooking and roasting

EQUIPMENT



STAINLESS STEEL GRID



CONVEGTOR



SOLIDTEKNICS BIGGA SKILLET



QUICK READ THERMOMETER



ROASTING RECIPE



Recommended charcoal

100% Natural Canadian Maple Lumpwood Charcoal





INGREDIENTS

FOR THE FISH

- 4 x 180g portions of firm white fish, such as hake, pollock, haddock or cod
- 2 large lemons (or 3 small)
- A few sprigs of thyme
- A splash of white wine
- Sea salt
- Extra virgin olive oil

FOR THE SALSA VERDE

- 4 cavolo nero or kale leaves, finely chopped
- 25g parsley, leaves picked and finely chopped
- 20g mint, leaves picked and finely chopped
- 1 large clove of garlic, finely chopped
- 140g capers, drained and chopped
- 5 anchovy fillets, chopped (optional)
- 1 heaped tsp Dijon mustard
- 300ml olive oil
- Juice of one large lemon

METHOD

SET UP YOUR EGG

Set up the EGG with the ConvEGGtor in a legs-up position and the Stainless Steel Grid in place. Your target temperature is 180-200°C.

Slice the lemons into rings. Arrange the lemon slices around the bottom of a large skillet, then spread the thyme stalks over the top.

Season the fish with sea salt and a drizzle of olive oil

and place on top of the lemon and thyme. Finally, add a splash of white wine.

ROAST YOUR FISH

Roast in your EGG for roughly 20 minutes until the thickest point of the fish reaches an internal temperature of 63°C.

MAKE YOUR SALSA VERDE

In a large mixing bowl, throw together all of the prepped salsa verde ingredients, then mix really well with a spoon. You can add extra olive oil if needed until you reach your desired consistency.

Serve each piece of fish with a spoonful of the lemony sauce and a generous scoop of salsa verde.

Top tip

As with so many recipes, the key is to cook to temperature, not time. A Quick Read Thermometer will ensure the fish isn't undercooked or dried out.



ALERT: As with any cooking demo, food hygiene and customer safety are essential. Please ensure that whoever is running the demo has completed a Food Hygiene Level 2 exam online and check the www.food.gov.uk website for further guidance.