

Baked Cod with Bacon, Mushroom and Sugar Snap Peas



Recipes



This recipe is perfect for a summer meal whether on passage or entertaining in port. An ovenproof dish with lid suits this recipe best as the lid will prevent the fish from drying out whilst baking in the oven. This recipe uses Cod here but any white fish could be used if preferred. The delicate flavour of the Cod works well with the mushrooms and the crispy bacon combined with the crunch from the sugar snap peas gives great texture. If button mushrooms or sugar snap peas are not available substitute with any kind of mushroom or frozen peas. Frozen Cod is fine if fresh Cod is unavailable. If you are lucky enough to have caught your own fish, then filleting is straightforward

and described below. All the ingredients can be added at the same time and, once in the dish, can be covered and left to cook.

Baked Cod with Mushrooms and Sugar Snap Peas

Feeds 4

Pre-heated oven 180°C

Preparation time 10 minute

Cooking time 40 minutes

8 small or 4 large Cod Fillets
2 punnets of button mushrooms
2 small packets of sugar snap peas
8 rashers of unsmoked streaky bacon (roughly chopped)

1 lemon
Sea salt
Ground pepper

Serve with baby new potatoes coated in parsley butter

Utensils required

Oven dish with lid or similar
Small sharp kitchen/filleting knife
Chopping board

Method

Grease the bottom of the oven dish with butter and lightly season. Place the roughly chopped bacon over the bottom. Place the whole button mushrooms and whole sugar snap peas all around to form a base for the fish. Lay the fish on top of the bacon, mushrooms and sugar snaps and place a knob of butter along with a few extra bits of chopped bacon on top of each fillet. Squeeze half a lemon over the top, add a small sprinkling of sea salt and ground pepper. Cover and place in preheated oven for 25 minutes. Remove lid and bake for a further 15 minutes.

Roughly chop a few leaves of parsley and add to soft butter.

Serve with hot baby new potatoes coated in the parsley butter, a segment of lemon and don't forget to spoon over some of the delicious stock at the bottom of the dish.

Filleting round fish

Lay the fish on its side on the chopping board, remove fins. Holding the head in one hand gently cut down towards the back bone just behind the gills. Once the blade has reached the back bone turn the knife towards the tail. Run the blade down the side of the back bone keeping the knife as flat as possible. Continue along the back bone until the tail and lift off the fillet. Trim as required. Skin the fish if preferred, although with most white fish I prefer to leave the skin on as it improves the flavour during cooking. Make sure any scales are removed first.