

From the
Left Bank
kitchen

PAVE DE MORUE SAINT JEAN DE LUZ

EGGPLANT RELISH INGREDIENTS:

- 6 oz Lingcod fillet, skin off
- 1 lb Japanese eggplants, peeled and diced (3/4 inch)
- 2 cups olive oil
- 1 yellow onion, diced (1/4 inch)
- 6 cloves garlic, peeled and chopped
- 1/4 teaspoon Paul Prudhomme seafood spice
- 1 pinch piment d'Espelette
- 1 pinch cumin powder
- 1 pinch ground anise seed
- 1 leaf Thai basil, for garnish
- salt and pepper, to taste

BELL PEPPER RELISH INGREDIENTS:

- 1 red bell pepper
- 1 green pepper
- 1/2 red onion
- 1 Roma tomato
- 1/4 bunch thyme, chopped
- 2 cloves garlic, chopped
- 1 tablespoon Beaux de Provence virgin olive oil
- 1 teaspoon white balsamic vinegar
- 1 pinch cumin powder
- 1 pinch Paul Prudhomme seafood spice
- 2 leaves regular basil, chopped (1/2 inch)
- salt and pepper, to taste

EGGPLANT RELISH DIRECTIONS:

Heat olive oil in a large skillet. First sauté the eggplant, then spices. Add diced onion and cook until softened, then add garlic and cook for about 5 minutes over high temperature, making sure to season with salt and pepper. Stir and cook uncovered, 15 to 20 minutes, over medium-low heat. Remove eggplant and drain oil in strainer/sifter for about 30 minutes. Keep refrigerated until ready to serve.

BELL PEPPER RELISH DIRECTIONS :

Roast all the vegetables over flame for flavor, then peel, seed, wash and dry. Dice vegetables into about 1/2 inch pieces, and mix together with garlic, olive oil, thyme, salt, pepper, spices, and chopped basil.

WHEN READY TO SERVE:

Warm up eggplant purée.
Pan sear seasoned cod in olive oil and finish with butter, basting the fish as it cooks.
Mold the eggplant purée in 8 inch ring, top with fish.
Garnish with the pepper relish and Thai basil.