



LE BOUCHON RECIPES

COD FRITTERS AND ROASTED GARLIC-OIL MAYONNAISE “ALLIOLI”

INGREDIENTS FOR 30 FRITTERS

FOR COD:

250 gr desalted cod crumbs
(at Le Bouchon we cook with
“Perelló 1898” cod)
160 gr onion
3 gr parsley

FOR FRITTERS DOUGH:

190 ml still water
95 gr butter
125 gr sifted flour
4 gr leavening
2 eggs

FOR ROASTED GARLIC-OIL MAYONNAISE:

2 gr garlic
50 ml sunflower oil
12.5 ml whole milk
0.75 gr sea salt

PREPARATION

COD:

Finely chop the onion and reserve. Chop the cod by knife, checking that no thorns remain and reserve. Chop the parsley and reserve. In a casserole, poach the onion over medium heat, until it is translucent. Add the cod to the casserole and sauté over a high heat for a minute and a half. Remove from heat, add the parsley and mix until a homogenous mixture is achieved.

FRITTERS DOUGH:

Boil the water with the butter in a pot. Remove and mix with a wire whip. Mix the flour and the yeast. Add the flour and the yeast mixture to the water with butter and put it back to the fire (medium-low heat). Mix until obtaining a compact dough that is detached from the walls of the pot and remove. Once the dough is tempered, incorporate the eggs, one by one. Homogenize with the mixture, until you get a sticky dough. Let the mixture rest for 15 minutes.

FRITTERS:

With two dessert spoons, make the fritters and put them into the fryer or frying pan with the oil at 150 degrees. Fry them until browned and drain them carefully on kitchen paper.

ROASTED GARLIC-OIL MAYONNAISE “ALLIOLI”:

Roast a garlic head wrapped in aluminum foil in the oven at 160° for 1 hour. Allow to temper and remove the pulp. Beat the pulp of the roasted garlic and the milk. Carefully pour the sunflower oil and emulsify.

PRESENTATION:

Place the fritters in a plate accompanied by a terrine with the “allioli” dressing. And... Bon Appétit!