

# Greek style cod

*from the Club Café Bistro Greek menu*

## Ingredients

### For the brine

1litre water

10g salt

*Boil then chill completely  
before using*

### For the bread crumb

½ loaf brown bread

2 cloves garlic

Thyme and rosemary

*Blitz all ingredients together*

### For the cod crust

200g sun-blushed tomatoes

½ bunch basil

4 anchovies

2 garlic

100ml balsamic vinegar

1 red chilli chopped

200ml olive oil

Zest 2 lemons and juice

Salt and pepper

*Blitz all ingredients together*

## Method

Portion cod into 150g portions and brine in 10% brine for 1 hour.

Remove and wash and dry.

Place onto tray and put a small amount of olive oil and crushed fennel seeds.

Bake for 5 minutes at 180°C.

When the fish has baked for 5 minutes top with tomato crust then sprinkle on bread crumb, bake the fish again until cooked.

Approximately 5 minutes depending on thickness of fish.

