



Herb Crusted North Atlantic Cod

Crab Scallion Cream, Red Beet Risotto & Shredded Kale

INGREDIENTS:

- 4 - 3 oz. pieces of center cut cod loin
- ½ C seasoned flour
- 1 egg beaten
- 1/3 C herb crust - see recipe below
- 2 tbsp grapeseed oil
- 1 ½ C red beet risotto - see recipe below
- 1 ½ C sauteed shredded kale - see recipe below
- ¼ C crab scallion cream - see recipe below

DIRECTIONS:

Preheat oven to 375 degrees

Coat one side of cod with seasoned flour. dip the same side in beaten egg, then press into herb crust

Heat grapeseed oil in a large pan over moderate heat, add cod pieces crust side down. Brown 2 minutes. Turn cod over and place in oven for 10 minutes

Serve on a warm plate with risotto, kale and crab cream

Recipe and photo provided by
Millennium Bostonian Hotel

HERB CRUST:

½ C panko bread crumbs
½ C mixed herbs chopped –
thyme, parsley, chives, tarragon
1 tbsp avocado oil
Salt and pepper to taste

DIRECTIONS:

Combine all ingredients

CRAB SCALLION CREAM:

1/3 C heavy cream
2 tsp dijon mustard
1 tsp fresh squeezed lemon juice
¼ C fresh crab meat
2 scallions sliced thin
Salt and pepper to taste

DIRECTIONS:

In a small pan reduce cream
by 1/3. Stir in remaining
ingredients

RED BEET RISOTTO:

1 ½ lbs red beets
1 tbsp olive oil
1 small onion, small dice
2 C carnaroli rice
½ C dry white wine
1 tbsp butter
Salt and pepper to taste

DIRECTIONS:

Cover beets with water in a
medium pot and simmer until
tender, reserve cooking liquid!!
Peel beets and cut into ½ dice
In a small pan over medium heat
lightly sweat onion in olive oil
until tender
Add rice and stir until coated
with oil & onions
Slowly stir in wine until it
is fully absorbed by the rice.
Then slowly stir in some of the

beet cooking liquid. Continue
this process until the risotto is
cooked

Finish with butter, salt and
pepper

SAUTÉED SHREDDED KALE:

1 tbsp olive oil
1 tbsp shallots, chopped
1 small head of kale, stems
removed, thin julienne
1 pinch – fresh orange zest
Salt and pepper to taste

DIRECTIONS:

In a pan over moderate high heat
add olive oil and shallots. Stir
until tender
Add kale and zest. Stir until
wilted and cooked
Season with salt and pepper