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## Pan Fried Cod with Braised Gem Lettuce and Jersey Royals

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### Equipment Required

Sharp Knife

Chopping board

Large pan with lid

Slotted Spoon

Spatula

Large heavy based frying pan

Tablespoon

Teaspoon

Serves 2

### Recipe – Braised Gem Lettuce and Jersey Royals

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2 heads baby gem lettuce

2 tbsp unsalted butter

1 tbsp oil

c.6 small round shallots, peeled and left whole

50g (1.8oz) bacon lardons

350g Jersey Royal potatoes, or new potatoes

200ml (1 cup) chicken stock, or vegetable stock

handful of parsley, leaves picked and finely chopped

lemon

salt and pepper

1. Remove the outer leaves of the little gems, split each head in half lengthways making sure to keep the root intact. Wash in a bowl of water and shake to check you've removed any dirt.
2. Scrub the potatoes and chop so they are all similar size, use the smallest one as a guide.
3. In a pan that the lettuces will fit in one layer and has a lid, melt 1 tbsp of butter and 1 tbsp oil. Add the lardons and cook until crisp, remove with a slotted spoon and set aside. In this fat, brown the button onions for a few minutes and then set aside with the bacon.
4. Place the lettuce halves cut-side down in the fat and allow to colour to a light golden brown. Turn them over and tuck the potatoes around them, add back the onions and bacon, season with salt and pepper.
5. Pour in enough stock to come a quarter of the way up the lettuce heads. Place the lid on top and bring to the boil. Once a rolling boil has been reached, turn down the heat to a simmer and place the lid half off the pan to allow some steam to release.

6. Once the potatoes are cooked (about 20 minutes), take the pan off the heat and remove the ingredients with a slotted spoon to a serving dish.
7. If the liquid remaining in the pan is a bit watery then boil until you have reduced it slightly and have a nicely concentrated flavour. Whisk in the remaining butter and squeeze over some lemon juice
8. Pour the dressing on top of the lettuces and sprinkle with parsley to serve

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## Recipe – Pan fried cod

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2 x 200g of cod fillet, skin on  
Vegetable/ rapeseed oil  
1 knob of butter  
salt  
pepper

1. Lightly coat the base of a non-stick frying pan with oil then place the pan over a medium-high heat.
2. Allow the pan to get hot and season the cod with salt. Place it in the pan skin-side down (if the skin has been left on) and cook for 2–3 minutes until the skin is nicely golden and crisp. If you are cooking skinless cod, cook until the fish has turned a nice golden colour
3. Carefully turn the cod over using a spatula and add a knob of butter. Cook for a further 2–3 minutes, depending on the thickness of the fillet or loin. The fish is cooked when the flesh becomes opaque.