
CONNAISSÉUR

Panko Crusted Fresh Cod with Curry Cream



This tender, flaky cod topped with our curry mayonnaise and panko is a must do! My friend Susan served it to a group of ladies (yes it is a good curry recipe for entertaining!) and we liked it so much that we decided to post her recipe.

The curry mayonnaise adds flavour AND keeps the crumbs adhered to the fish. When done to perfection the panko should be nicely browned and crunchy. I always try to use thicker pieces of cod - because they have larger flakes the fish is moister.

Makes 6 generous servings. Preparation time: 30 minutes

ingredients

6 Pieces	Cod – fresh, 1” thick, boneless, skinless
To Taste	Salt- preferably fleur de sel
To Taste	Pepper- black, finely ground
1 Cup	Panko Crumbs
2 Tbsp	Butter
2 Tbsp	Roasted Garlic Olive Oil

To Prepare the Mayonnaise

½ Cup	Mayonnaise
½ Cup	Curry and Cream Sauce
1 Tbsp	Herbs from Provence

Garnish

3 whole	Lemons- cut in halves
---------	-----------------------

instructions

1. Preheat oven to 375°F.
2. Pour the panko crumbs onto a plate or cake pan.
3. Lightly oil or spritz an oven to tableware dish. Lay the cod filets out on the prepared pan and season both sides with salt and pepper.
4. In a small bowl, stir the mayonnaise, Curry & Cream Sauce, and Herbs from Provence together until blended. Spoon the mixture on one side of the cod and spread it evenly. Take each

filet, and turn it mayonnaise side down into the panko crumbs. Press lightly to help the crust adhere. Return each piece to the pan, crumb side up.

5. On medium high heat, in a frying pan, heat the butter and Roasted Garlic Olive Oil. Gently place the cod filets - crumb side down - into the hot butter/oil and fry for 2-3 minutes, or until golden brown and crunchy. Gently return each piece of cod to the prepared pan, crumb crust side up. Bake for 10-20 minutes, depending on the thickness of the filet, or until opaque all the way through and easily flaked with a fork. If your filet is under ½-inch thick, it will likely be done closer to the 10 minute mark, if thicker, closer to the 20 minute mark. The internal temperature of cod should reach 145°F to be done. Remove the pan from the oven and let rest for 3-5 minutes before plating or transferring to a serving dish.

6. Serve with freshly steamed rice and asparagus. Garnish with a lemon wedge and extra curry mayonnaise.