

## For the Love of Good Food

### **BRANDADE DE MORUE AVEC COULIS DE TOMATES ET SAUGE**

This dish has been called the glory of Provence and the city of Nimes in particular, where it used to be the signature dish of the famous Buffet Gastronomique located at the train station. The title Brandade comes from the verb brandir which means to swish the wooden spatula constantly in a figure of eight as you smash the garlic and salt cod (morue) together to make the mixture forming the base of the dish. Traditionally served with croutons made of puff pastry or bread and a squeeze of lemon juice.

Instead of using dried salt cod that needs to be soaked for 2-3 days with copious change of water, I propose to use fresh cod that you rub with kosher salt and leave overnight in the refrigerator. This gives a subtler flavor to the fish dish, and instead of the traditional butter, I use olive oil.

#### **Ingredients – brandade:**

<i>2lb salted fresh cod</i>	<i>3 medium garlic cloves peeled</i>
<i>1 cup milk</i>	<i>7/8 cup olive oil</i>
<i>1 sprig fresh thyme</i>	<i>1/2 bay leaf</i>
<i>1 stick of carrot, scallion and a stick of celery tied in a bundle</i>	
<i>1/4 teaspoon cracked peppercorns</i>	<i>2 tablespoons heavy cream</i>
<i>1/2lb peeled white potatoes cut into quarters</i>	

#### **coulis:**

<i>1 tablespoon olive oil</i>	<i>1/4 cup coarsely chopped onion</i>
<i>1/4 cup chopped carrot</i>	<i>1/4 coarsely chopped celery</i>
<i>1 16 oz can plum tomatoes</i>	<i>1 sprig fresh thyme</i>
<i>1 can chicken stock</i>	<i>3 large sage leaves</i>
<i>6 sage leaves to garnish</i>	<i>salt and pepper to taste</i>

1. If cod is not salted, cover with a thin coating of kosher salt and leave covered in refrigerator overnight.
2. On the day of cooking, combine milk, herbs, garlic, vegetables and bring to a simmer for 10 minutes. Add the cod cleaned of the excess salt, and cook for a few minutes until the flesh turns white and starts to flake.
3. Carefully remove the fish from the liquid, put onto a plate and remove skin and bones.
4. Put the potatoes into the milky liquid and cook until potatoes start to break up.
5. Discard the vegetable bundle and herbs, keep garlic, put in a bowl with the cod, add olive oil add peppercorns. Smash the cod, garlic and potatoes against the sides of the pan to make into a paste with the liquid. Add cream, mix well together and keep warm. (Add chopped raw garlic for more pungent taste)
6. Coulis: use another saucepan to sweat the chopped vegetables and thyme in the olive oil until transparent, stirring occasionally. Add tomatoes and chicken stock, increase heat to high and bring to boil. Reduce the heat to medium-low and simmer for 20 minutes. Cool, remove the thyme and process in a blender. Strain and add seasoning to taste.
7. Cut very thin slivers of the sage leaves (chiffonade) and garnish the sauce. Before serving, warm the coulis gently to bring out the sage flavor.
8. Serve: Place a spoonful of coulis on each of 6 warm plates. Smooth in a circular fashion. Place a mound of brandade in the center of the plates and garnish with a sage leaf.