

## Cod and Crushed Potato

This is a very simple twist on that all time favourite, fish and chips. That simple combination of fish and potatoes just seems to work so well but this one is the best as far as I'm concerned, although I still love fish and chips! It makes either a great lunch or dinner and is a Friday night regular in our house. You could use any white fish for this dish but Cod or Haddock do it for me.

Serves 2

Two thick end cod fillets with the skin on  
400 grams new potatoes  
4 or 5 spring onions  
50 grams butter  
Maldon sea salt  
Olive Oil (second press for frying and extra virgin for the dressing)  
Balsamic vinegar  
Chopped parsley



Peel the potatoes and place them in a pan of well salted water. Bring to the boil and simmer for about twenty minutes until tender.

Trim and peel the spring onions. Slice them finely on the diagonal and set aside.

About five minutes before the potatoes are cooked, melt half the butter in a frying pan with a little olive oil. Dust the cod fillets with flour and put them skin side down into the sizzling butter. Check them after about four minutes. If the skin is crispy, turn the fillets. If not, give them another minute before turning and cook for another three or four minutes depending on the thickness of the fillets.

In the meantime, drain the potatoes. Put the potato pan back on the heat and melt the rest of the butter with a little more olive oil. Toss in the spring onions and fry for a minute or two. Take the pan off the heat, tip in the potatoes and crush them against the side of the pan with a fork. Add a tablespoon or two of extra virgin olive oil, season with black pepper and mix gently - you don't want to turn crushed potato into mash!.

To serve, put half the potatoes in the centre of each plate and lay the cod fillet on top. Drizzle extra virgin olive oil around the plate, followed by a sprinkling of Balsamic vinegar and a scattering of Maldon sea salt. Garnish with the chopped parsley.