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Sauces

Like the icing on a cake, a great sauce adds the finishing touch to a dish.

Baked Cod Fillet Crusted With Duxelle Mushroom On White Leek Fondue, Fennel Compote & Mushroom Sauce

Serves 4

Duxelle Mushroom

20g butter
80g button mushrooms, finely diced
4 shallots, peeled and finely diced
Salt and freshly ground pepper, to taste

White Leek Fondue

20g butter
2 leek stalks, halved and thinly sliced lengthwise
50ml cream

Fennel Compote

20g butter
1 fennel, cut into strips
1 orange, for juice

Mushroom Sauce

25g **Haco Mushroom Sauce**
200ml cold water
50ml cream
4 X 150g cod fish fillets
10ml cooking oil
4 chervil sprigs, for garnishing

- For the duxelle mushroom: Heat the butter in a sauté pan over low heat and sauté the diced button mushrooms and diced shallots until fragrant, for about 5 minutes. Season to taste with salt and freshly ground pepper. Keep warm.
- For the white leek fondue: Heat the butter in a sauté pan over low heat and sauté the sliced leek for about 5 minutes. Add in the cream and simmer until the leek has softened. Transfer the mixture to a food processor and pulse until smooth. Season to taste with salt and freshly ground pepper. Keep warm.
- For the fennel compote: Heat the butter in a sauté pan over low heat and sauté the fennel strips for about 5 minutes. Add in the orange juice and simmer until the orange juice has reduced. Season to taste with salt and freshly ground pepper. Keep warm.
- For the mushroom sauce: Mix the **Haco Mushroom Sauce** and 200ml cold water in a saucepan and bring liquid to a boil, stirring constantly until smooth. Reduce heat and simmer for about 5 minutes, stirring occasionally. Add in the cream and bring mixture to a boil again. Remove saucepan from the heat and set aside.
- Season the cod fish fillets with salt and freshly ground pepper. Heat the cooking oil in a sauté pan and sear the seasoned cod fish fillets for about 3 minutes. Transfer the seared cod fish fillets onto a baking pan, spread the duxelle mushroom over the top and bake in preheated oven at 180°C for about 8 minutes.
- To serve: Place the white leek fondue into the centre of each warmed deep serving plate and top with a baked cod fish fillet. Place a quenelle of fennel compote on top and ladle in the mushroom sauce. Garnish with a sprig of chervil.