



# Lorn Larder

Baked Cod served on Caper and Parsley Mash with a Poached Egg and Shallot Butter

**Serves 4**

## Ingredients

4 x 6 – 8oz fillets of cod with skin on  
 3 x tablespoons of baby capers  
 2 x tablespoons of chopped parsley  
 4 x free-range eggs  
 2 x large shallots, chopped  
 1 x lemon  
 2 x large Desiree potatoes  
 (or Maris Piper)  
 1 x block (250g) unsalted butter  
 Sea salt  
 Milled black pepper



## Method

*Peel and chop the potatoes into equal sizes and boil in water for approximately 20-25 minutes, until soft enough to mash. Drain and mash the potatoes, adding the knob of butter and salt & pepper to taste.*

*Add the capers and the chopped parsley to the mashed potato and keep warm.*

*Pre heat the oven to 180 degrees centigrade.*

*Season the cod on both sides. In a non-stick pan, heat some olive oil and cook the cod skin side down until the skin starts to turn crispy, then transfer to a baking tray and cook in the oven for 7-8 minutes.*

*Meanwhile, melt the unsalted butter slowly in a pan, ensuring that it doesn't get too hot and splits. Once the butter is completely melted, leave to one side.*

*Fry the chopped shallots until soft, making sure they don't colour.*

*In a pan of salted boiling water poach the eggs for 4 minutes - the yolks should be runny, as this forms a sauce for the dish.*

*Add the melted butter to the shallots and stir well.*

*Take the cod out of the oven and season with lemon juice and milled pepper. Place the cod onto a generous amount of hot mash and pour over the shallot butter. Place the poached egg on top of the cod and serve at once.*