



The sanofi-aventis video news website

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Find the attached video on [www.sanofi-aventis.tv](http://www.sanofi-aventis.tv)

## Hot and spicy cod

### **Equipment :**

- 1 mortar
- 1 grater
- 1 saucepan
- 1 frying pan
- 2 mixing bowls
- 1 steamer

### **Ingredients :**

- 240 g of cod
- 65 ml of vegetable stock
- 8 ml of olive oil
- 1 pinch of paprika
- 1 /2 Cayenne pepper
- 5 g of fresh ginger
- 1 shallot
- 1 clove of garlic
- A few drops of Tabasco sauce
- A pinch of coriander sprigs
- 5 Swiss chard leaves
- 2 soup spoon of olive oil
- 15 g of capers
- 4 anchovy filets in oil
- 1 lemon

### **Preparation :**

Wash the cod.

Peel the garlic clove, remove the green sprout and crush in the mortar.

Peel and finely dice the shallot.

Peel and grate the ginger.

In a saucepan, sauté the diced shallot with the crushed garlic and grated ginger.

Add the paprika. Cook for a few minutes until the shallot is softened.

Pour in the vegetable broth.

Cover and simmer for 15 minutes, stirring occasionally.

In a frying pan, heat the olive oil.

Sauté the cod, skin side down, until just golden.

Finish cooking by gently adding the vegetable broth.

Cook on a medium heat for 5 minutes.

Add a few drops of Tabasco.

Trim the Swiss chard stalks, split into 2 lengthwise, and then cut them into 1 cm slices.

Wash them.

In a bowl, place the Swiss chard slices, splash with the juice of half a lemon, season with salt and pepper.

Mix.

Place them in the steamer basket.

Cook for 12 to 15 minutes, until crunchy.

While they are cooking, crush the anchovies into a purée with a fork.

Add the olive oil, the juice from the other half of the lemon and the capers.

As soon as the Swiss chard is cooked, place them on a serving platter, splash with the anchovy sauce, season with pepper.

### **Finishing Touch :**

In 2 soup plates, place the cod and add 2 to 3 spoons of cooking liquid.

Top with coriander sprigs for decoration.

### **Transcript :**

#### **Voice Over :**

Roger and Vanessa like tasty dishes.

Both Vanessa's father and Roger suffer from type 2 diabetes.

It means they have to watch their weight!

Michelin-starred chef Guy Martin is going to do some home cooking with help from a nutritionist: hot and spicy cod.

#### **Thierry Hahn :**

Sufferers of type 2 diabetes need a normal, balanced diet.

Often, though, the pathology is linked to overweight or obesity, meaning sufferers have to lose a little weight and maybe eat slightly smaller portions.

Guy Martin :

There's some wonderful fish here.  
Could we cook some cod?  
Nice and spicy.  
Swiss chard, if there is any...

Thierry Hahn :

Cooking aside, it isn't enough to have an appropriate diet.  
You need exercise: take brisk walks, run up stairs, dance around the house... keep moving!

Guy Martin :

We'll shake up the cod a little, liven it up.  
Let's take a look at the spices.

Thierry Hahn :

Smells good!

Guy Martin :

This is a magical moment.  
How about this?  
A mixture of spices, small packets vacuum-packed.  
Does hot and spicy cod sound OK?

Thierry Hahn :

Let's do it!

Guy Martin :

I'll take these.

Voice Over :

For spicy cod, you'll need: 240g of cod, 65ml of vegetable stock, olive oil, a pinch of paprika, 1/2 cayenne pepper, 5g of fresh ginger, one shallot, one clove of garlic, a few drops of Tabasco sauce, a pinch of coriander sprigs, 5 Swiss chard leaves, 15g of capers, 4 anchovy filets in oil, one lemon.

Anthony :

Let's do it!  
The chard must be cut into strips.  
These are then cut up into pièces half a centimetre long.  
We steam them with a little salt.  
The salt will make them cook quicker.

Perfect.

Now we add a squeeze of lemon and steam them for 10 to 15 minutes.

We have to finely chop the shallot, i.e. cut it into very small pieces.

You get more flavour if you finely chop an onion.

Next, crush a clove of garlic.

Roger :

The opposite of chopping finely.

Anthony :

Cut thin slices. Next, the ginger.

Remove the skin, then grate it.

Roger :

Apparently it's an aphrodisiac.

Anthony :

You'll soon find out!

Everything's cut.

Now we put in the anchovies and capers.

Into the saucepan goes one soup spoon of olive oil.

Next, the shallot... with the garlic and a pinch of salt.

A small pinch.

That's it.

Vanessa :

Is that red pepper?

Anthony :

Yes, paprika.

We let it cook for one minute.

Now we sear the skin of the cod... Put a little salt on it.

That's OK.

Skin side down... perfect.

Just to seal it.

Meanwhile, the stock... smells good!

Now for the skin... See? It's perfect.

The right colour.

Now we know the skin will be crisp.

It's important to use absorbent paper to take off any excess fat.

Voice over :

To sum up, Roger and Vanessa have chopped up chard, finely chopped garlic, Ginger and shallot, then sealed the cod.

And now?

Perfect. Now, we plunge the fish... into the stock, flesh side.

Flesh side down.

So the fish will absorb the aromas.

We cook it for around 5 minutes.

A drop of Tabasco... Now back to the steam-cooked chard...

Roger :

All of it?

Anthony :

Then we mix it.

Add a touch of salt.

Roger :

Then eat it!

Anthony :

With a spot of pepper.

Dressing is important.

We eat with our eyes.

They trigger the appetite.

The better it looks, the more we want to try it.

Roger :

Mouth watering!

Anthony :

Now enjoy!

You can see these things aren't difficult to make.

It doesn't take long. 10 to 15 minutes.

Roger :

Looks good.

Vanessa :

Smells good!

Roger :

There won't be any left, I warn you!

Voice over :

Now give it a try.

This hot and spicy cod is for you.

Find recipes, utensils and tips on the "Your Health" channel.