

Cod with Creamy Curry Sauce and Vegetable Risotto

Serves 4 | Preparation time: 30 min | Cooking time: 35 min

Ingredients

For the Cod:

- 4 cod fillets (about 150–180g each), skinless and boneless
- Salt and freshly ground black pepper
- Olive oil and butter, for searing

For the Creamy Curry Sauce:

- 1 small shallot, finely chopped
- 1 clove garlic, minced
- 1 tbsp mild curry powder (Madras or a custom blend)
- 150 ml dry white wine
- 200 ml liquid cream (heavy cream or crème fraîche)
- 1 tsp Dijon mustard (optional, for depth)
- Salt, pepper, and lemon juice to taste

For the Vegetable Risotto:

- 1 small onion, finely chopped
- 1 carrot, finely diced
- 1 zucchini, finely diced
- 100g green peas (fresh or frozen)
- 300g Arborio rice
- 1L vegetable or light chicken stock (kept warm)
- 60g grated Parmesan cheese
- 2 tbsp butter

- Olive oil
 - Salt and pepper
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Instructions

1. Start the Risotto:

- In a wide saucepan, heat a drizzle of olive oil and sauté the chopped onion and carrot for 2–3 minutes until starting to soften.
- Add the rice and stir for 1–2 minutes until the grains are glossy and slightly translucent.
- Deglaze with a splash of hot stock or a little white wine.
- Begin adding warm stock one ladle at a time, stirring often. Let each addition absorb before adding the next.
- After 10 minutes, stir in the zucchini and peas. Continue adding stock and stirring until the rice is al dente and creamy (about 18–20 minutes in total).
- Finish with butter and Parmesan, stirring to create a rich, velvety texture. Season to taste. Keep warm.

2. Make the Curry Cream Sauce:

- In a small saucepan, melt a knob of butter and sauté the shallot and garlic until soft and fragrant.
- Add the curry powder and stir for 30 seconds to bloom the spices.
- Deglaze with white wine, simmer until reduced by half.
- Pour in the cream and stir well. Let it simmer gently for 5–7 minutes until slightly thickened.
- Stir in mustard if using. Adjust seasoning with salt, pepper, and a few drops of lemon juice to brighten the flavor.

3. Cook the Cod:

- Pat the cod fillets dry and season with salt and pepper.
- In a non-stick or cast iron pan, heat a mix of olive oil and butter over medium-high heat.
- Sear the fillets for 2–3 minutes per side (depending on thickness), until golden on the outside and just opaque in the center. Handle gently to avoid breaking.

4. Assemble the Plate:

- Spoon a generous portion of the vegetable risotto into the center of the plate.
 - Top with the seared cod fillet.
 - Drizzle with warm curry cream sauce around and over the fish.
 - Garnish with microgreens, a lemon wedge, or finely chopped chives for color.
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Tips:

- The curry should be subtle — it's there to enhance, not overpower, the delicate cod.
- For added finesse, infuse the cream with lemongrass or ginger while simmering, then strain.
- The risotto can be made with seasonal vegetables — asparagus in spring, mushrooms in autumn.

A beautifully balanced dish — silky, savory, and full of gentle warmth. Bon appétit!