

## Ling Cod Filet sautéed “à la Meuniere” with green beans, figs, hazelnuts and brown butter

Chef James Drohman



### **Ingredients:**

2 boneless filets of Ling Cod, 6oz each  
Salt and pepper  
2 cups green beans  
4 ripe figs  
4 tab hazelnuts  
1 shallot  
2 lemon  
½ cup sugar  
1 cup water  
6 tablespoons butter  
Peanut oil  
Unbleached flour

### **Procedure:**

- 1) Make the candied lemon peel: Zest the lemon in long strips. Put the zest in a small saucepan with the water and sugar. Bring to a boil, stir well, reduce the heat to a simmer and continue to cook until the zest is tender. Cook the zest in its syrup.
- 2) Prepare the other ingredients: Juice the lemon; strain and reserve the juice. Remove the stem end from the green beans. Blanch them in boiling salted water until just tender. Stop the cooking in ice water. Drain and reserve the beans. Peel and finely shred the shallot. Stem and halve the figs. Toast the hazelnuts in a medium oven until golden. Cool, then chop roughly.
- 3) Preheat oven to 400 deg F. Season the cod filet with salt and fresh ground black pepper. Heat a large, heavy skillet over high heat. Add enough peanut oil to just cover the bottom. Dredge the cod filets in flour to coat, and then tap off any excess. Put the filets into the smoking hot pan with the skin side up.
- 4) When the filets are nicely brown, flip them onto the skin. Put the pan in the oven and cook until the fish is just barely cooked through. This will take 4-10 minutes, depending on the thickness of the filets. Remove the filets from the pan, drain briefly on a paper towel, then put on warm serving plates. Keep them warm while cooking the vegetables and sauce.

- 5) Wipe out the skillet and return to heat on the stove top. Add one tablespoon of butter to the pan with 1 teaspoon of the lemon syrup. When this mix begins to bubble, add the figs, cut face down. Sauté the figs until nicely golden brown. Remove the figs from the pan.
- 6) Add the remaining butter to the pan. Sauté until golden brown. Reduce the heat, then add the green beans, shallots and hazelnuts and toss until hot through. Deglaze with lemon juice to taste. Add the figs and some of the candied lemon zest. Season with salt and pepper.
- 7) Arrange the sautéed vegetables and figs around the cod on the serving plate. Spoon the brown butter sauce over. Serve immediately.