Roasted Blue Cod, Olive Oil Crushed Potatoes, Chowder Nache

(Serves 1)

For the fish:

1 6oz loin filet of Blue Cod Pollock, skin removed
1 medium sized sauté pan
2 TBSP Canola Oil
1 TBSP butter
1 Sprig of Thyme
1 Tsp lemon juice
Oven set to 350
Kosher Salt (Diamond Cristal Brand)

In a medium sauté pan heat oil until hot and almost smoking. Season fish with salt and place in hot oil. Let fish brown on one side (about 2 minutes). Turn down heat to medium. While fish is still seared side down, place in the oven for 4 minutes. Remove from oven and on low heat, flip fish and add butter and thyme to hot oil. Carefully baste the fish with the hot butter and thyme. Finish the fish with a squirt of the lemon juice.

For the Sauce:

1 qt Fish Stock made from the bones of the Cod.
½ cup of double cream
2 TBLS Small Diced Onion
2 TBLS Small Diced Celery
2 TBLS Cooked Bacon Brunoise, cooked, drained
2 TBLS Small Diced Yukon Potato
1 TBLS Chopped Parsley
1 Tsp minced Chives
1 Tsp butter
6 Mussels (steamed, removed from Shell, 1 Tsp of cooking liquid reserved)

In a medium saucepot, melt butter; add celery, onion, and potato. Sweat the vegetable mixture for three minutes or until potatoes are cooked through. Remove from pan. Add fish stock and on high heat and reduce by 75%. Add vegetables, bacon, double cream, shellfish and herbs. Bring to a simmer. Add herbs and reserved shellfish liquid. Do not boil.

For the Olive Oil Crushed Potatoes:

4 medium Sized Yukon Potato's
¼ crème Fraiche
4 TBLS extra virgin Olive Oil
Salt, Pepper.

In a medium sized pot, boil potatoes until tender but not breaking apart. Remove and gentley peel skins off. Placed peeled potato's in a large bowl, add crème Fraiche and crush with a large fork, add olive oil and season with Salt and pepper. Keep warm.

For the Assembly:

Place a spoon of olive oil crushed potatoes in the middle of a large bowl. Spoon Chowder Nage around, making sure to spread the mussels and vegetable mixture around the bowl. Place fish on top of the potato. Serve immediately.