



# Cellier des Dauphins®

## COD CHEEKS IN LEMON AND CAPER BUTTER WITH GARLICKY ROAST TOMATOES, HERBED NEW POTATOES, AND SAMPHIRE

### LES DAUPHINS CÔTES DU RHÔNE WHITE



#### Ingredients:

- 1 garlic clove
- 3 vine tomatoes
- 500g new potatoes
- 50g butter, softened
- Handful of flat leaf parsley
- 1 lemon
- 1tbsp capers
- 290g cod cheeks
- 50g samphire

- 1) Heat oven to 180°C: Line a large baking tray with greaseproof paper, slice the tomatoes into 2cm slices and arrange on tray. Peel and finely chop the garlic. Sprinkle garlic over the tomatoes and season and drizzle with some olive oil. Bake for 35-40 mins.
- 2) Scrub the new potatoes and cut larger one into bite size pieces. Place in a pan with cold water. Add a pinch of salt and bring to the boil, then simmer for 10-15 mins until tender.
- 3) Scoop half the softened butter into a small bowl and finely chop the parsley and add to the bowl. Grate the lemon zest and squeeze in half the juice. Add the capes and a little salt and pepper and stir to create your caper and lemon butter.
- 4) Pour a splash of olive oil into a frying pan and warm on a medium heat. When hot add the cod cheeks for 5 mins, turning once until golden. After 5 mins scoop the caper and lemon butter into the pan. Fry together for a bit longer spooning the melted butter over the fish. Take off the heat and transfer to warm serving plates and drizzle over the buttery juices from the pan.
- 5) When the potatoes have cooked, drain well. Tip the potatoes back into the pan and add the remaining butter. Sprinkle with salt and pepper and toss together. Serve together with the roast tomatoes, potatoes and samphire.

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