

STEIN'S AT HOME

The Winter Cod Menu



Mackerel Fillets



Cod with Puy Lentils



Custard Tart



Watch Rick cook the menu

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Listen to Rick's playlist

Search [Spotify](#) for **Stein's Sounds** or scan the code to listen to Rick's favourite kitchen tracks.



Mackerel Fillets

with pickled winter vegetables

Ingredients:

Mackerel fillets | Pickling liquor
Winter vegetables | Chervil

Cooking Instructions:

Preheat the grill to high.

Put the **mackerel fillets** on a tray, brush on both sides with some **oil** and season with **salt** and freshly ground **black pepper**.

Grill the **mackerel fillets** for 2-3 minutes.

Put the **pickling liquor** into a saucepan with the **vegetables** and bring to the boil, then set aside.

On two plates, place the **vegetables** with **mackerel fillets** on top and garnish with **chervil leaves**.



Sleek and designed to travel long migratory distances, the muscle tissue on mackerel is dark and oily for strength and endurance. The oil gives them lots of flavour.

Made in an environment handling: **CELERY, CEREALS CONTAINING GLUTEN** (such as barley and oats), **CRUSTACEANS** (such as prawns, crabs and lobsters), **EGGS, FISH, MILK, MOLLUSCS** (such as mussels and oysters), **MUSTARD, PEANUTS, SESAME, SOYBEANS, SULPHUR DIOXIDE AND SULPHITES, NUTS**

Cod

with puy lentils

Ingredients:

Cod fillets | Lentils | Red wine sauce | Butter
Mashed potato

Cooking Instructions:

Preheat the grill to high.

Brush the **cod** on both sides with some **oil** and season with **salt** and freshly ground **black pepper**. Place the **cod** on a grill tray, skin side up.

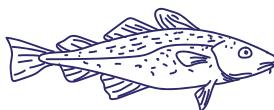
Grill the **cod** for 6-8 minutes.

Put the **lentils** into a saucepan and warm gently on a low heat, add a little **water** if necessary.

In another saucepan, bring the **red wine sauce** to the boil, then add the **butter**, whisking to amalgamate it.

To cook the **mashed potato**, pierce the bag and microwave for 1-2 minutes or until piping hot. If you'd rather you can heat the **mash** in a saucepan with a little bit of **milk**.

Spoon the **mash** and **lentils** onto two warmed plates, place the **cod** on top and then spoon the **sauce** around.



You will love the subtle spicing of the red wine sauce.

Custard Tart

with Cornish clotted cream

Ingredients:

Custard tart | Cornish clotted cream

To Serve:

Pop your spoon into **hot water**.

Place the **tart** on a plate.

Using the hot spoon, add a dollop of **cream**.

Lovely creamy custard tart with just the right amount of nutmeg.

Please **refrigerate items** after opening your box.

Box contains **gel packs** which are designed to keep the food cool, please dispose of these. Occasionally we may need to substitute products if we're unable to source from our suppliers.