



The Cape Cod “By Way of Alaska”

P POACHED WILD ALASKA COD MARINATED IN FRESH HERBS AND ORANGE JUICE SERVED ON A TOASTED BRIOCHE BUN AND TOPPED WITH A FRESH CRANBERRY-ORANGE SALAD.

SPECIES

Alaska Cod

CONCEPT

Sandwich

FLAVOR PROFILE

American Regional - Northeastern

KEY FLAVOR COMPONENTS

Cranberries

Oranges

Fresh Dill

PRIMARY COOKING METHOD

Poached

RELEVANT TO

Casual, Family, White Table Cloth,
Colleges & Universities

YIELD

12 servings

variations

ALTERNATIVE COOKING METHOD

Roasted. To oven roast the cod, eliminate the marinade and simply season cod with vegetable oil, salt and pepper. Roast at 425°F for 6 to 8 minutes, or until the internal temperature reaches 145°F.

ALTERNATIVE INGREDIENT TIP

Vary the salad ingredients to meet price points and target audience — substitute spinach for arugula, carrots for fennel and add grapefruit segments for additional color.

TECHNIQUE TIP

To segment oranges, trim off both ends of the orange just until you see the pulp and set it on one end. Cut off the skin, following the contour of the orange, one slice at a time. Trim away any remaining small pieces of pith or skin. Hold the peeled orange in your hand and carefully cut out the segments by slicing between the membranes. Or ask your broadline distributor if they carry pre-segmented oranges, which will cost less per serving than you can produce on your own.

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CAPE COD MARINADE

Orange juice concentrate	12 oz.
Water	5 oz.
Parsley stems, chopped	2 oz.
Vegetable oil	4 oz.
Garlic, fresh, minced	1 Tbsp.
Kosher salt	4 tsp.

1. Combine all ingredients in a food processor. Pulse to finely chop parsley. Run food processor for an additional 30 seconds to combine.
Yield: approx. 24 oz.

POACHED ALASKA COD

Alaska Cod fillets, 4 to 5 oz. ea.	4 lbs.
Cape Cod Marinade	24 oz.

1. Place cod fillets in a plastic bag or hotel pan. Pour marinade over fish and refrigerate.
2. After 2 to 12 hours, drain cod. Reserve marinade.
3. Place cod fillets in a single layer in 2" baking or hotel pan(s).
4. Pour enough marinade over fish to just cover, adding water or white wine if necessary.
5. Poach cod for 8 minutes, or until internal temperature reaches 145°F.
6. Gently remove fish from baking pan(s) and place on a sheet pan to cool. Refrigerate. Discard poaching liquid.

CRANBERRY-ORANGE SALAD

Oranges, peeled, segmented	16 oz.
Cranberries, dried	10 oz.
Fennel, shaved	6 oz.
Arugula	4 oz.
Dill, fresh	½ cup

1. Combine all ingredients in a large stainless steel bowl. Toss to combine. Refrigerate.
Yield: approx. 36 oz.

CRANBERRY VINAIGRETTE

Vegetable oil	4 ½ oz.
Cranberry juice concentrate	3 oz.
Rice vinegar	2 oz.
Cranberries, frozen	2 oz.
Ginger, fresh, minced	½ oz.
Kosher salt	to taste

1. Combine all ingredients in a blender. Pulse blender to puree frozen cranberries. Blend for 30 additional seconds to emulsify dressing.
2. Season to taste with kosher salt.
3. Pour dressing into squeeze bottles and refrigerate.
Yield: approx. 12 oz.

ASSEMBLY

Poached Alaska Cod fillet	1 ea.
Brioche bun	1 ea.
Cranberry-Orange Salad	3 oz.
Cranberry Vinaigrette	1 oz.

1. Place poached cod fillet on a pie plate in hot oven and reheat for 2 minutes.
2. Open bun and toast on the griddle or under the broiler.
3. Toss salad in a small stainless steel bowl with vinaigrette.
4. Assemble each sandwich in this order: Place cod fillet on toasted bun bottom. Arrange dressed salad on top of cod fillet. Lean bun crown against salad.