

Taste the Hills



Recipes and Tips

Baked Cod with Crunchy Miso-Butter Breadcrumbs

- 2 tablespoons unsalted butter, at room temperature
- 2 teaspoons peeled, grated ginger
- ¼ teaspoon grated garlic
- 3 teaspoons white (sweet or shiro) miso
- 2 tablespoons rapeseed oil
- 60 grams breadcrumbs
- 4 (170 grams) skinless cod fillets
- salt and black pepper

In a small bowl, using a spoon, mash together butter, ginger, garlic, 3 teaspoons of the miso and 1 tablespoon of the oil. Mix well, then fold in breadcrumbs.

Arrange cod on a large baking sheet with a rim, lined with parchment or foil. Rub with 1 tablespoon of the oil and lightly season with salt and pepper.

Divide the miso-butter-bread crumb mixture equally and sprinkle in an even layer on top of each fillet, pressing gently but do not pack.

Roast at 190° C until top is golden and fish is thoroughly cooked, about 12 to 14 minutes.

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Shropshire Hills Discovery Centre –
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School Road, Craven Arms, Shropshire SY7 9RS

Email: info@shropshirehillsdiscoverycentre.co.uk

Tel: 01588 676060 www.shropshirehillsdiscoverycentre.co.uk

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