

# Cod and aubergine with pepper sauce

CUISIMAGES

Ref :  
2010

Type :  
Fish

Preparation :  
15 min  
Rest:

Cooking :  
30 min

Cost :  


Difficulty :  


Origin :  




## For 4 persons

- 600 g fresh cod (back)
- 1 aubergine
- 1 green pepper
- 2 cloves of garlic
- 1 egg yolk
- 3 teaspoons of lemon juice
- 125 ml olive oil + 3 tablespoons
- 2 tablespoons chopped parsley



Wash green pepper and cut into 4 pieces to remove pips.

Charge in a dish, skin above, until the skin splits.

Peel and cut into large chunks.



Peel garlic and mix with egg yolk and lemon juice. Pour gently 125 ml of olive oil, until the sauce thickens. Add sweet pepper and mix again.

Salt, pepper, add parsley and refrigerate.



Baste aubergine discs with olive oil and charge under grill for +/- 5 min on each side (check during cooking the faces brown and are tender).



Cut fish into 4 and cook in the frying pan, with olive oil, 2 min on each side.

Lay aubergine in plate, fish on top and pepper sauce.



## Recommandation

Variante

Wine

Pouilly Fumé