

PARMIGIANO REGGIANO 40 MONTHS | COD | FREGOLA DI SARDA | CEPES

Netherlands
Chef Laurent Smallegange
Restaurant Spetters

PARMIGIANO REGGIANO

INGREDIENTS

800 g Cod loin
200 g Fregola
150 g Porcini, fresh
10 g Porcini, powder
50 g Porcini, juice
300 g Cream
70 g Mushroom stock
1 spoon Parsley, chopped
50 ml Parsley oil (500g oil mixed on
60°C with 1 bush of parsley)
Parmigiano Reggiano 40 m,
To flavour
Herbs salad to garnish (chervil
Basil, tarragon, flat leave parsley)
1 Shallot, chopped
Butter and oil for baking

PREPERATIONS

Boil the fregola until cooked.
Glaze the shallot with oil and some garlic,
add the fregola and chopped parsley and
bring on flavour with grinded pepper,
Parmigiano Reggiano and Porcini powder.
Cut 4 nice slices of mushrooms, drizzle
some oil and grill, season with salt and
pepper.
Chop the rest of the mushrooms and bake
in the pan with some oil, garlic and butter.
Boil cream, Porcini juice and stock, bring
on flavour.
Season and bake the cod in oil, when
almost cooked, glaze with some butter
until ready.
Present on a hot plate and garnish with the
herbs, oil and extra Parmigiano Reggiano.