

Rant's Cod in Foil with Dauphinoise Potato

This is a quick and easy fish dish which can be served in the foil for extra wow factor. Like with everything on Wheelie Good Meals it is accompanied by my version of Dauphinoise Potatoes, I have been told it's more like Boulangère potatoes – what's in a name!

Ingredients

Rant's Cod In Foil (For One Person)

- 1 piece of cod fillet (skinned and boned) per person (you can use other more sustainable white fish, such as coley or pollock, which would be equally as good)
- ½ carrot shaved into strips
- ½ courgette shaved into strips
- 1 wedge of lemon
- Small glug of dry white wine
- Splash of olive oil
- Small knob of butter

Gremolata

- 1 garlic clove (1tsp of Lazy Garlic)

- Small handful of fresh parsley (2tsp of dried parsley if you haven't got fresh parsley, I use a lot of dried herbs)
- Drop of Olive Oil to loosen everything

Dauphionise Potatoes

- 4 – 5 large potatoes (this amount depends on the container you are using you may need more or less)
- 1 clove of garlic
- 1 red onion
- 250ml milk
- 250ml chicken stock
- Hand full of grated cheese (parmesan or cheddar)

Also Required:

- Square of silver foil
- Baking tray
- Mini food processor
- Lasagne dish

Method:

- 1 Preheat your oven to 200⁰c (if you have a gas oven or an oven that works in Fahrenheit you can get a [conversion here](#)).
- 2 Shave your carrot and courgette into long strips, for this I used a vegetable peeler and made long thin ribbon like strips. Set these aside for the time being.

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- 3 For my take on a herb gremolata place the parsley and garlic in a mini food processor and blitz, you may need to add a touch of oil to loosen the mixture.
- 4 Traditionally when making Dauphinoise Potato you need to thinly slice the potatoes. Chef's recommend doing this with a mandolin (see mine below). You don't need to use one as long as you cut the potatoes thinly. If you can't thinly slice them, cut them a little thicker but cook them for longer. Put them to one side, you can put them in some water to stop them discolouring.



- 5 Peel and finely slice an onion on the half moon (see picture) set this to one side.



- 6 Place the milk, garlic and chicken stock in a sauce pan and gently heat, you don't want it to boil just warm through. Keep stirring it so it all combines. Season salt with salt and pepper – remember you can add more but you can't take away.
- 7 So the layering begins in your lasagne dish place a layer of potatoes, then a layer of red onions, then potatoes and so on until you reach the top (the last layer should be potatoes).
- 8 Pour over the milk and chicken stock mixture and top with the grated cheese.
- 9 Cook in the oven for approximately 40 minutes, you'll know if it's ready because you can easily put a knife through the potatoes and the cheese on the top will be golden and unctuous.

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- 10 For Rant's Cod In Foil, place the piece of foil on your work top, you need to make sure that the foil is roughly double the length and width of the piece of fish and leaves enough room for all the ingredients and some room for air inside to circulate.
- 11 In the middle of the piece of foil place the carrot and courgette strips, then lay the piece of fish.
- 12 Place the Gremolata on top of the fish
- 13 Drizzle over the white wine and olive oil, this will make a lovely sauce to the dish, put the knob of butter on top and, lastly squeeze the lemon wedge over the ingredients and place it on top (below is an example of what mine looked like before I moved onto the next step).



- 14 Seal the packet up so it looks like a pasty☺! Place on a baking tray and place in the oven about 15 minutes before the potatoes are ready. Cook for approximately 15 minutes at 200⁰c this time will vary obviously depending on your oven.
- 15 Once finished the fish should be flaky when cooked, it is important not to overcook the fish (I know that sounds obvious but its true)! If the fish is overcooked it becomes chewy and tough – I've done this once so that's how I know☺.
- 16 Take both out of the oven, how you serve it is up to you but I took the fish out of the foil and put it on the plate with the potatoes, I also poured the juice from the foil over the fish. Some people like to serve it in the foil for the element of surprise.