

Cod, Black Pudding and Cannellini Bean Crumble



INGREDIENTS

- 600g Cod (or other white fish) deboned, skin off and cut into cubes
- 1 onion
- 1 carrot
- 1 bulb fennel
- 1 stick celery
- 150ml white wine
- 150g Sundried tomato
- 1 can 400g Cannellini beans
- 200ml Crème fraiche
- 250ml Cream
- 25g fresh chopped Parsley
- 100g Bread crumbs
- 50g Parmesan
- 140g Black pudding

METHOD

Let's begin! Pre heat your oven to 180c.

Peel and cut the carrot into small roughly 3mm cube sized pieces.

Dice the onions fennel and celery into similar sized pieces to the carrots. The reason for this is to speed up the cooking time and to extract more flavour from the vegetables.

Chop the parsley finely.

Grate the parmesan with a fine grater or microplane.

Chop the sundried tomatoes roughly.

Put a large sauce pan onto the heat and add oil.

You can now start making the casserole, add your carrots, onions, celery, fennel and a ½ tsp of salt.

Cook on a high heat for 2 minutes stirring regularly then reduce the heat and cook for a further 3-4 minutes.

While the vegetables are cooking you can make the crumble. Place the roughly chopped black pudding into a food processor and blend until it resembles large breadcrumbs.

Place the black pudding into a large bowl and add the breadcrumbs, chopped parsley and grated parmesan and mix to combine. That's your crumble topping done.

Back to the casserole base now that the vegetables have had the time to cook they should be starting to soften.

Add your white wine and sundried tomatoes.

Turn the heat back onto high and allow the wine to reduce down until there is about a teaspoon of liquid left.

Add in the cream, crème fraiche and drained tin of cannellini beans.

Bring the pan back up to a boil.

When the casserole has just started to boil. Grab your casserole dish, place the chunks of cod on the bottom spreading them out evenly.

Cover with the hot sauce and spread it out to an even layer.

Top the casserole with the black pudding crumble mix.

Place the casserole dish into the oven which has been preheated to 180c and allow to cook for 20 minutes. You know its cooked when the top is golden brown and it's bubbling up the sides.

Serve it up and dive in!