

**INGREDIENTS:**

1.2 kg cod fillet  
1.2 kg cauliflower  
75g butter  
2 tablespoons full-fat crème fraiche  
4 teaspoons Dijon mustard  
3 tablespoons mustard seeds  
3 shallots  
Small bunch parsley  
70ml olive oil  
60g home-made white breadcrumbs  
75g grated gruyere  
Sea salt  
Freshly-ground black pepper

**TIME:** 1.5 hours**SERVING:** 4 people

Roughly chop the cauliflower and cook for 15 minutes in plenty of boiling, salted water, chop the shallots and the parsley. Heat the olive oil in a frying pan, add the cod and cook briskly for three minutes then turn, add the shallots and parsley and cook for a further three minutes over a medium high heat. Break up the cod with a fork, add the mustard and cook for a further two minutes on a low heat. Drain the cauliflower, return to the pan, puree with a hand blender then cook over a high flame for three minutes to drive off the water, stirring constantly. Add half the butter, the crème fraiche, the mustard seeds, salt and pepper and mix well. Heat the oven to 180C gas mark 4. Spread the cod in a gratin dish and cover with the cauliflower puree, sprinkle the breadcrumbs and cheese over the top, melt the remaining butter and drizzle over the surface and bake for 20 minutes. Finally place under a hot grill for a few minutes to brown.

*Enjoy! Malcolm & Julie Pyne*

**YOUR NOTES:**