

Cauliflower-Crusted Ling Cod with a Raspberry Beer Brie Sauce and Roasted Cauliflower

1 filet Ling Cod
2 cups milk
1 egg

For the crust:

2 florets cauliflower
1/2 cup Panko bread crumbs
1/8 teaspoon ground white pepper
1 tablespoon butter

For the roasted cauliflower:

1 small head cauliflower
1 tablespoon olive oil
Hungarian sweet paprika, to taste
Ground white pepper, to taste

For the cheese sauce:

1/2 tablespoon melted butter
1/2 tablespoon flour
1/4 cup Raspberry Brown beer
3/4 cup grated Brie cheese
1/4 cup half and half or whole milk
1/8 teaspoon ground white pepper

Soak the fish in the milk for several hours in the refrigerator. When ready to cook, preheat oven to 375 degrees. Meanwhile, prepare the coating for the fish. Using a box grater, rice the two florets of cauliflower until you have about a half cup. Mix with a half cup of Panko bread crumbs and white pepper. Combine with the melted butter and set aside.

Slice the remaining cauliflower into 1/4 inch steaks and place in one layer on a foil-lined baking sheet coated with cooking spray oil. Drizzle the olive oil over the cauliflower then sprinkle with Hungarian sweet paprika and ground white pepper, to taste. Place in the preheated oven.

Meanwhile, beat the egg with a splash of milk in a bowl. Remove the fish from the milk and dip in the egg wash and coat thoroughly. Dredge the fish through the cauliflower/Panko mixture, pressing down firmly to coat evenly on both sides of the fish. Place on a foil-lined baking sheet coated with cooking spray, then lightly spray the top with olive oil. Place in the oven with the roasting cauliflower, and cook until the fish is opaque and flakes easily with a fork, about 20 to 25 minutes.

While the fish and cauliflower are cooking, prepare the Brie and beer cheese sauce. Add all the sauce ingredients to a blender or food processor and process on high for several minutes until well blended. Pour into a small saucepan over medium heat and whisk constantly, until thickened. Season with ground white pepper, to taste. Turn heat to the lowest setting and stir occasionally until the fish and cauliflower are done.

Remove the fish and cauliflower from the oven. Spoon some of the cheese sauce onto a plate, and place the fish on top of it. Drizzle more cheese sauce over the fish, add roasted cauliflower to the plate, and enjoy!