

Tickle your tastebuds with feel-good recipes from Dr. Olivier Courtin that help promote beautiful skin.

## COD, CARROTS, CUMIN AND LEMON

### RECIPE

Roll the filet in cling film (as though forming a roast) and shape it in the form of a ballotine.

Poach the ballotine in a bain-marie at 105°F (41°C) for 1 hour 20 minutes until the fish is translucent.

Sauté the carrots with the ginger, cumin and lemon.

Cover with hot salted water.

Simmer 12 minutes covered, over medium heat.

Remove the fish from the cling film. Cut it into 4 medallions.

Add the vegetables and continue cooking 3 minutes.

Beat the yogurt and mix it with the coriander.



**FOR 4 people**

**PREPARATION 15 minutes**

**COOKING 1 hour 20 minutes**

- 1 lb. 5 oz. (600 g) cod filet
- 6 carrots, peeled and sliced
- 3 Tbs. (20 g) fresh ginger, grated
- 2 tsp. cumin seed
- 1/4 lemon preserved in salt
- 1 Tbs. yogurt
- A few coriander leaves