

# ***Ballantine with salmon and cod***

500g fillet of cod

100g samphire

30g marsh rosemary (sea lavender)

80g Cocovite scrambled egg mix

450g fresh fillet of salmon in slices

Salt and pepper

Blanch the samphire and marsh rosemary for 2 minutes in salted boiling water and then rinse under cold running water. Mince the cod (using a grinder or grate) until it becomes a rough paste. Chop up the samphire and marsh rosemary and add to the minced cod.

Add the Cocovite scrambled egg mixture to the herbs and cod, stir together and season with salt and pepper. Lay the slices of salmon next to one another and place the cod mixture on top before rolling the salmon into a sausage shape. Wrap the salmon rolls tightly in tin foil and steam for 15 minutes at 72°C.

