

Ryan Riley's parmesan cod with salt and vinegar cucumber

INGREDIENTS (SERVES 4)

150g parmesan, grated
2tsp smoked paprika
1 small handful of thyme, leaves picked
Pinch of salt and black pepper
4 small cod loins (about 140g each)
2 eggs, lightly beaten
Good-quality olive oil, to serve
1 cucumber, sliced into ribbons
150ml malt vinegar

METHOD

1. Heat the oven to 180°C. Line a baking tray with baking paper.
2. Start the salt and vinegar cucumber. Place the cucumber ribbons in a bowl and sprinkle liberally with the salt, making sure all of the cucumber is salted - don't worry, you're going to wash off most of the salt later. Set aside.
3. To make the cod, in a bowl first mix the parmesan, paprika and thyme leaves with the

pinches of salt and pepper.

4. One by one, place the cod loins into the beaten eggs and coat well. Then roll each egg-coated loin in the parmesan mixture until coated and place on the lined baking tray. Bake for about eight to 10 minutes, until the cod gently flakes when

pushed with the back of a teaspoon. If you like, give the loins a final minute under a hot grill to get the parmesan coating really crispy.

5. While the cod is in the oven, transfer the cucumber to a sieve and wash off the excess salt under running water. Place the ribbons in a bowl with the malt vinegar and give them a good mix. Leave to lightly pickle until the cod is cooked.

6. Serve each cod loin with a generous portion of the salt

and vinegar cucumber and drizzled with good-quality olive oil.

● Life Kitchen by Ryan Riley, photography by Clare Winfield, is published by Bloomsbury, priced £20



This parmesan cod is a fish dish with a difference.

"Think of British fish and chips with lashings of vinegar (with its acidic tang and sweetness), then turn up the flavour a few notches and you get this dish," explains Ryan Riley of Life Kitchen - a not-for-profit community interest company that runs free cookery classes and creates recipes for people living with, and recovering from, cancer.

"Salt and vinegar cucumber is refreshing for your palate and the Parmesan-crusted cod brings plenty of umami. Serve with some crushed new potatoes."

