**CARPACCIO OF COD WITH ENGLISH ASPARAGUS AND A SHALLOT, GINGER AND SOY DRESSING**

**Serves 4**

**INGREDIENTS**

2 finely chopped shallots

1 clove garlic, crushed

1tbsp finely diced fresh ginger root

2tbsp walnut oil

3tbsp sunflower oil

1tbsp sherry vinegar

1tbsp chopped parsley

Juice of ½ lemon

12 pieces of asparagus

Salt & pepper

400gr cod fillet, skinless

METHOD

1. Trim the cod fillet and put into freezer or fridge (clingfilm)
2. Peel and trim the asparagus
3. Cook in boiling salted water then plunge into iced water
4. Cut the tips, 1 ½ “ long
5. Finely dice the stalks and put to one side
6. Mix dressing ingredients together and season
7. Finely slice the cod
8. Arrange on plate with asparagus tips
9. Add diced asparagus to dressing and dress to serve