

Pan-fried Cod with a Microplastic Glaze

Recipe courtesy of Climate Change

Serves 2 people or 24 students

Method

For the fillets

Heat the ~~engine~~ cooking oil in a Teflon pan for the best microplastic experience, ensuring the oil reaches a smoky black.

Place the cod fillets into the pan, ensuring that the plastic inside cooks last. Fry for 3 minutes.

Flip the fillets with a plastic spatula, allow the fillets to cook for a further 3 minutes before finally adding the parsley, or alternatively the green plastic sheets chopped finely, all the same really plastic in it anyway!

INGREDIENTS

For the fish

2 Cod Fillets— Make sure they're the 2g of plastic variety

Oil for frying—5W40 synthetic
Salt & Pepper

Parsley—Can be replaced with green plastic sheets, chopped finely



Kevin McCutcheon @ Unsplash



Alyson McPhee @ Unsplash

For the sauce

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Cherry Tomatoes—Only 0.2g of plastic per serving!

Olive Oil—Include the wrapper for the best taste.

Butter—Methane Free

Balsamic Vinegar

Heat some olive oil in the pan along with the wrapper making sure not to waste any plastic. Remember, the oil should be smoking like the Kuwaiti Oil Fires for the best heat.

Add the cherry tomatoes to the oil, allowing time for them to reduce down and release their juicy plastic goodness

After 15 minutes, add the butter, the eco-conscious can opt for the methane free variety! Allow the butter to melt away like the your favourite plastic wrap in the incinerator at your local "Recycling Centre"!

Finally add a splash of Balsamic Vinegar, while this looks like delicious crude oil, make sure not to not to use too much, we wouldn't want to ruin that peppery polymer flavour!

Tips from the Chef:

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