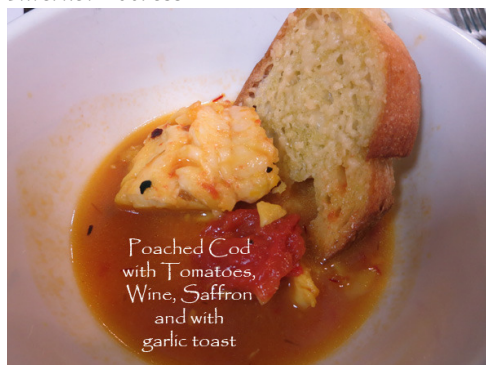


Poached Cod with Tomatoes and Saffron

From a cooking class with Phillis Carey, 2014

Internet Address:



This is more of a soup but without much broth - do serve it in bowls.

2 tablespoons olive oil

2 cloves garlic, thinly sliced

1/2 teaspoon crushed red pepper flakes

14 1/2 ounces canned tomatoes, drained, whole, crushed in your hands (use San Marzano brands)

1/4 cup dry white wine

1/2 cup water

2 bay leaves

1 pinch saffron threads

Kosher salt and freshly ground black pepper

20 ounces cod fillets, skinless (4 pieces) - or use sea bass, mahi-mahi, or halibut. Do buy Alaskan cod if available

CHEESE TOASTS:

1/4 cup olive oil

2 cloves garlic, minced

5 ounces french bread, 4 pieces, thinly sliced, cut in half

1/4 cup Parmigiano-Reggiano cheese, grated

Servings: 4

Note: calorie count is way too high because of the vague term of "4 slices french bread." Use a thin slice per person.

1. Heat oil in a medium skillet over medium heat. Add garlic and Aleppo pepper and cook, stirring often, until fragrant (garlic should not take on any color), about 3 minutes.

2. Add tomatoes, crushing with your hands as you add them, wine, bay leaves, saffron, and 1/2 cup water. Bring to a boil, reduce heat, and simmer until flavors meld, 5-7 minutes; season with salt and pepper.

3. Reduce heat to medium-low; season cod with salt and pepper and place in skillet. Cover and cook at a bare simmer until cod is opaque throughout and beginning to flake, 5-7 minutes (thicker pieces will take longer to cook). Remove lid 2-3 times and baste the fish with the poaching liquid.

4. TOASTS: combine olive oil and garlic and allow to rest for about an hour. Brush oil on bread slices and set on baking sheet. Sprinkle cheese on top and bake at 375°F for 8-10 minutes or until toasted and cheese is melted. Serve with fish - cut pieces in half and prop pieces around edge of bowl.

4. Gently transfer cod to shallow bowls and spoon poaching liquid over.

Per Serving (excluding unknown items): 449 Calories; 24g Fat (49.1% calories from fat); 32g Protein; 24g Carbohydrate; 2g Dietary Fiber; 65mg Cholesterol; 540mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 4 1/2 Fat.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>