

Pan Seared Cod with Scallion Sesame Oil Butter

Adapted a little from Bon Appetit, Aug 2021



Servings: 4

1. Pat fish dry with paper towels; season with salt. Sprinkle one side with an even layer of cornstarch; brush off excess. Heat EVOO in a large nonstick skillet over medium-high. Lay fish, cornstarch side down, in skillet and cook, shaking pan occasionally, until golden, crisp, and opaque around the edges, 4-6 minutes. Turn fish over and cook just until fillets are cooked through and flake easily with a fork, 1-2 minutes or until the internal temperature (using an instant read thermometer) registers 130-135°F.
2. Remove fish to a warmed serving platter. Scrape any residual fish from the skillet. To the medium heated skillet add butter, sesame oil, ginger, garlic, and EVOO. Cook until butter begins to foam and garlic turns light golden, about 2-3 minutes. Add sherry and scallions and cook for another minute. Season with salt.
3. Spoon sauce over the top, then add the parsley and chives.

24 ounces cod fillets, or other flaky white fish

Kosher salt

2 tablespoons cornstarch

2 tablespoons EVOO

SAUCE:

1 bunch scallions, thinly sliced

4 tablespoons unsalted butter

2 teaspoons sesame oil, or more if you'd like a more pronounced sesame oil flavor

2 tablespoons EVOO

1 inch fresh ginger, peeled, finely minced

2 garlic cloves, thinly sliced and minced

1 tablespoon dry sherry

GARNISH:

1 tablespoon Italian parsley, chopped

1 tablespoon chives, chopped

Per Serving (excluding unknown items): 400 Calories; 28g

Fat (64.4% calories from fat); 31g Protein; 5g

Carbohydrate; trace Dietary Fiber; 104mg Cholesterol;

96mg Sodium; trace Total Sugars; 2mcg Vitamin D;

38mg Calcium; 1mg Iron; 732mg Potassium; 354mg

Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com