

Cod Provençal

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 30 minutes

Chef's Notes

This medley of flavors is actually quick to make and would be a delicious weekday family meal. Serve with rice, pasta or couscous. The bean ragout is even good on it's own along with crusty French bread!

This ragout can also be served with halibut, red snapper or tilapia. In fact, it would be good with chicken or even served over fresh pasta.

Cooking the Beans

To start the beans, bring the water to a boil and add the salt. Add the lima beans to the boiling water and let cook for approximately 3 to 5 minutes.

If you are using fresh lima beans, the time will vary slightly. Once cooked, strain and place into an ice bath to stop the cooking process. Set aside while you prepare the fish.

Step 1: Cooking the Beans

- 4 cups water
- 1/2 tsp kosher salt
- 3/4 cup fresh or frozen lima beans
(can substitute with edamame beans)

Cooking the Cod

Preheat the oven to 350° degrees Fahrenheit.

Roughly crush the coriander seeds and then mix together with the panko breadcrumbs.

Season both sides of the fish with salt and pepper to taste. Bread the presentation side of the fish with the panko.

Heat a medium-sized frying pan over medium-high heat. Add the oil and fry the cod, crust-side down, until golden brown. Once the crust has turned golden brown, gently flip the fish over. Transfer to an oven-proof plate and place into the oven. Bake for 5 to 10 minutes or until done. Cooking time will depend on the thickness of your fish.

While the fish is cooking, move on to the next step.

Step 2: Cooking the Cod

- kosher salt (to taste)
- freshly ground black pepper (to taste)
- 1 tbsp coriander seeds
- 1/2 cup panko bread crumbs
- 4 cod fillets (or halibut)

Making the Ragout

Finely chop the garlic and jalapeño (remove the ribs and seeds for less heat). Core and dice the tomatoes and roughly chop the olives.

Heat a fry pan over medium-high heat and add the oil. Fry the garlic and jalapeño for about 30 seconds and then add the lima beans, tomatoes, olives and capers. Let cook for about 30 seconds. Next, add the wine, bring to a boil and let it reduce by about half. Once the fish is ready, add the basil to the sauce. Spoon a few tablespoons of the sauce over each piece of fish and serve.

Step 3: Making the Ragout

- 1 large garlic clove
- 1/2 tbsp jalapeño pepper (or serrano)
- 4 whole tomatoes
- 1/3 cup niçoise olives (or kalamata)
- 1 tbsp olive oil (or grapeseed oil)
- 1 1/2 tbsp capers
- 3/4 cup dry white wine
- 6 whole basil leaves
- 1/4 tsp grey salt
- 1/8 tsp freshly ground black pepper