



kitchen collage

430 E. LOCUST STREET | DES MOINES, IA 50309 | (515) 270-8202

Poached Cod Provencal

Serves 2

Try this warming and delicate seafood preparation garnished with captivating crispy shallots. This recipe will provide all the tips for mastering, with ease, a beautiful, flavor-packed dish you'll enjoy making time and time again with a variety of different fish.

Ingredients:

1 lb cod fillets
1/3 cup lime juice, freshly squeezed
3 large shallots, sliced into rings, divided
4 tablespoons butter, divided
1/2 cup vegetable oil
2 cloves garlic, thinly sliced
1/2 cup vegetable broth
2 tablespoons sherry
2 tablespoons fresh fennel, thinly sliced
1/2 teaspoon Herbes de Provence
1/4 teaspoon Kosher salt
1/4 teaspoon black pepper

Directions:

1. In a 9" x 13" baking dish, marinate the cod in fresh lime juice for 20-30 minutes flipping halfway through the marinating time.
2. While the cod marinates, prepare the sautéed shallots. Melt 2 tablespoons of butter in a 3-1/2 qt braiser over low heat. Add half of sliced the shallots. Sauté the shallots for about 15 minutes, or until the have lightly caramelized. Stir occasionally until the shallots turn translucent and begin to turn a golden brown.
3. Meanwhile, prepare the crispy shallot garnish. Add the vegetable oil to a skillet or saucepan and heat over medium-high heat. Once hot, add the remaining shallots and cook for 2-3 minutes until just browned and crispy. Remove the crispy shallots from the heat and rest on a paper towel-lined plate. Lightly salt. Reserve the crispy shallots for garnish.
4. In the braiser, add the the garlic and the remaining 2 tablespoons of butter to the sautéed shallots and heat for about 1 minute. Deglaze the garlic and shallots with the sherry, heating for one minute, then add the vegetable stock, Herbes de Provence, and fennel. Bring the ingredients to a boil, then reduce the heat and simmer until the flavors become friendly, about 5 minutes.
5. Add the marinated cod, sprinkle with the salt and pepper, then cover. Continue to cook on low and poach the cod until the cod is opaque and cooked through, roughly 8-10 minutes.
6. Serve the cod with a spoonful of the braising liquid and a sprinkle of crispy shallots. Enjoy immediately.