Pan Seared Cod

1½ pounds fresh Pacific cod
1 (11-14 ounces) can coconut milk
½ cup chickpea flour (may substitute all-purpose flour)
2 teaspoon turmeric
½ teaspoon ginger
¼ teaspoon cayenne pepper
¼ teaspoon cinnamon
¼ teaspoon cardamom
Dash of nutmeg
2 Tablespoon canola oil
Lemon, cut into wedges
¼ teaspoon sea salt
Black pepper, to taste

The loin of cod may be more than an inch thick. If so, bisect the thicker areas to make pieces of uniform thickness, about ¾- to 1-inch thick. Pour coconut milk into a mixing bowl; whisk to combine liquids and the solids. Place cod pieces into the bowl with the coconut milk; cover and refrigerate for 15-30 minutes.

Mix flour, turmeric, ginger, cayenne pepper, cinnamon, cardamom and nutmeg together. Place in shallow dish. Heat oil in a non-stick sauté pan over medium-high heat.

Pull each piece of the fish out of the liquid; allow excess liquid to drip off before placing in flour. Dredge fish in seasoned flour and shake off excess. Place in pan with hot oil for 3 to 4 minutes, turn and cook another 3 to 4 minutes. Remove to serving platter. Immediately squeeze fresh lemon over the fish. Drop a few crystals of sea salt and a quarter turn of pepper from the pepper mill on each piece.

*Recipe developed by Corporate Chef Kurt Kwiatkowski and featured in Residential Dining Services.*