

PAN SEARED COD

Spice up your cod for dinner tonight!

by Corporate Chef Kurt Kwaitkowski

Featured Food: Cod

Yield: Serves 4-5

Ingredients

1 ½ lb. fresh Pacific cod	¼ t. cardamom
1 (11-14 oz.) can coconut milk	Dash of nutmeg
½ c. chickpea flour (may substitute all-purpose flour)	2 T. canola oil
2 t. turmeric	Lemon, cut into wedges
½ t. ginger	¼ t. sea salt
¼ t. cayenne pepper	Black pepper, to taste
¼ t. cinnamon	

Preparation

The loin of cod may be more than an inch thick. If so, bisect the thicker areas to make pieces of uniform thickness, about $\frac{3}{4}$ - 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.