

Sicilian Cod

This dish is very simple and very indicative of the Italian culture. Much of Italian cooking, in the home not in restaurants, is done with a mixture of this and that, whatever is local and available. I have prepared this many times at home, especially when feeding a lot of people at short notice. Do your best to use FRESH ingredients, it makes ALL the difference in cooking.

Feeds 6 people

Ingredients:

- 2 pounds WILD CAUGHT Cod, never use farm raised fish
- 28-32 ounces of chunky tomatoes (I use boxes of POMI)
- 1 bunch of FRESH Basil – half chopped, half rolled and sliced
- 3-6 cloves of garlic – Diced
- 8 ounces of Kalamata olives – pitted and diced
- 1-2 tablespoons of Capers
- 1-2 large lemons – juice and set aside (real lemons – NEVER buy lemon juice)
- 1-2 cups white wine

Directions:

- Preheat oven to 450 degrees (always cook on high heat)
- Cut cod into pieces that make sense for a single serving, place in 2" high baking pan
- Add ½ wine, ½ lemon juice, drizzle with olive oil and salt – put on side
- In large sauce pot, coat bottom with Olive Oil, sauté garlic on high heat for a few minutes until starts to turn color just slightly (not too much, if they burn, throw out and start over)
- Add olives, capers, ½ of the wine and ½ of the lemon juice, sauté for 2-3 minutes
- Add all tomatoes and all of the Chopped Basil, cook while stirring slowly, until tomatoes hot
- At this point if you like hot pepper, add a few shakes of red pepper flakes
- Pour tomatoes mixture over the Cod, put in oven, cook for about 15 minutes
- You need to start checking the fish 10 minutes after putting in oven, it should feel firm to the touch and just a little bouncy. When ready it should flake apart, should not be mushy.
- Once ready, remove from oven, sprinkle top of fish with remaining rolled and sliced Basil

Suggested Sides:

- Asparagus sauté with shallots, lemon, salt and pepper
- Crisp Romaine lettuce salad with olive oil, balsamic vinegar, lemon, salt, pepper and basil