

Cod: Atlantic (hook and line)
Artic Char (farmed)
Haddock: (US handline)
Northeast "Best Choices"
Monterey Bay Aquarium's Seafood Watch Program

Seared Cod with Onions, Peppers, Capers and Tomatoes

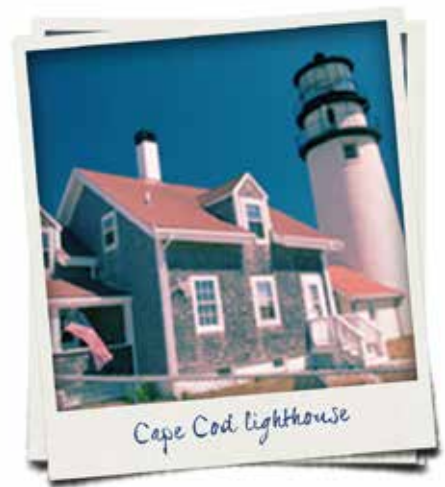
Created by noted cookbook author and Napa Valley restaurateur Cindy Pawlcyn for the Napa Valley Vintners

These redolent-of-a-New-England-fishing-village flavors are delicious in the heat of summer with a Napa Valley rosé.

This is a quick dinner that leaves you more time for sunset walks and lingering near the sea. Grilled or garlic bread is a nice addition to sop up the salty and savory juices.

Serves 6

2½ pounds fresh cod, char or haddock fillet
Salt and freshly ground pepper, to taste
1 teaspoon ground cumin
1 small, fresh hot pepper (serrano, arbol, or jalapeño)
4-6 baby red onions, such as cipolini or torpedo
3 tablespoons extra-virgin olive oil
1 medium red onion, peeled and grated
2 medium tomatoes, halved, seeded, and grated
1 head of garlic cloves, separated and peeled
1 tablespoon tomato paste
1 teaspoon ground coriander seeds
1 cup brine-cured olives, rinsed and drained
1 cup water
Flour, for dusting
4 cherry tomatoes, cut in half
¼ cup capers, rinsed and drained
½ preserved lemon peel, rinsed, drained, and cut into thin julienne
(or 2 tablespoons finely grated lemon zest)
1 tablespoon chopped celery leaves



Rinse the fish, pat dry with paper towels, and divide into 6 equal pieces. Season each piece with salt, pepper, and ground cumin. Cover and refrigerate at least 1 hour.

Steam the hot pepper and the baby onions until almost tender, about 10 minutes. Stem, seed and coarsely chop the pepper. Peel the onions. Reserve.

In a deep-sided medium skillet, heat 2 tablespoons of the olive oil over medium heat. Add the grated red onion and cook, stirring frequently, for 3-4 minutes, until softened. Add the tomatoes and cook until the excess moisture evaporates, about 7 minutes. Add the garlic cloves, tomato paste, ground coriander, olives, reserved hot pepper and baby onions and water. Cover and cook for 10 minutes. The sauce should be thin, light, and very hot.

Heat the remaining 1 tablespoon of olive oil in a large skillet over medium-high heat.

Dust the seasoned fish with flour and fry in the hot oil for 2 minutes or until the flesh has caramelized. Turn each piece of fish, fry for 1 minute, then pour the hot sauce over the fish. Reduce heat to low, add the cherry tomatoes, capers, and preserved lemon peel and simmer over for 1 more minute. Remove skillet from heat, cover, and let stand for 5 minutes. The fish will finish cooking in the receding heat.

Garnish with chopped celery leaves.