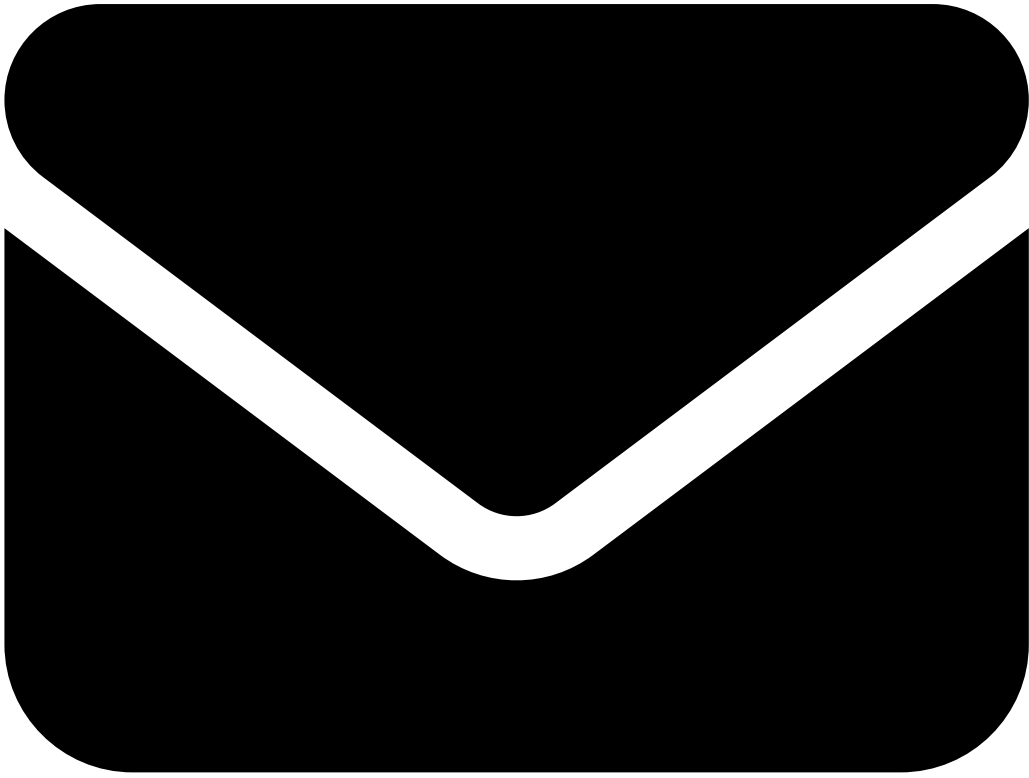


# Cod Acqua Pazza with Olives (Italian Fish in Crazy Water)

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The first time I heard Acqua Pazza translated as “fish in crazy water,” I expected something elaborate. But this classic Southern Italian seafood dish is actually one of the simplest and freshest ways to cook fish.

I actually grew up with a version of this dish. It wasn't always called acqua pazza in my home, but the idea was the same: fresh fish gently simmered in a light tomato and garlic broth, always served with bread to soak up every last bit of sauce. It's the kind of meal that feels both rustic and special at the same time.

In this version, I've added cherry tomatoes, white wine, and briny olives for extra depth, but it still stays true to that coastal Italian style – light, fresh, and full of flavor.

Tender cod cooks right in the broth until it's flaky and delicate, soaking up all the flavors of the Mediterranean in

every bite.

## Things to know about this Cod Acqua Pazza with Olives (Italian Fish in Crazy Water) recipe

### Tips for the Best Acqua Pazza

- Don't boil the fish – keep the broth at a gentle simmer.
- Use good-quality olive oil since the broth is simple.
- Cherry tomatoes work best because they naturally sweeten the sauce.
- Cod, halibut, sea bass, or snapper all work well here.

### What to Serve with Cod Acqua Pazza

- Crusty Italian bread
- Roasted potatoes
- Simple arugula salad
- Angel hair pasta
- Grilled vegetables

### Storage

Store leftovers in an airtight container in the refrigerator for up to 2 days. Reheat gently over low heat so the fish stays tender.

### You might also love

If you enjoyed this Cod Acqua Pazza, here are a few more light

and flavorful Italian recipes from the blog:

- **Sicilian-Style Potato Salad (No Mayo)** – a bright, tangy side that pairs perfectly with seafood
- **Italian Shrimp and Orzo** – quick, garlicky, and full of coastal flavor
- **Zucchini alla Scapece** – fried zucchini marinated in vinegar, garlic, and mint
- **Roasted Zucchini Pasta with Tomatoes** – a simple summer pasta packed with flavor
- **Italian classic Tomato Bruschetta** – perfect for serving alongside this fish dish
- For this recipe, I love using a heavy-bottomed frying pan like my all clad 12 inch non stick saute pan – it holds heat evenly, keeps the garlic from burning, and gives you that perfect gentle simmer for the fish broth.

□ If you make this recipe, leave a comment and rating below – and tell me if you added capers, extra olives, or a splash of lemon at the end.

## **Cod Acqua Pazza with Olives (Italian Fish in Crazy Water)**



Tender cod simmered in a light tomato, garlic, white wine, and olive broth in this classic Italian acqua pazza recipe ready

in 30 minutes.

- 2 lbs. cod fillet
- salt and pepper to taste
- 3 Tbsp. olive oil
- 3 cloves minced garlic
- 2 Tbsp. minced shallots
- 1 pint cherry tomatoes halved
- 1 tsp red pepper flakes (more or less according to taste)
- 1/2 cup white wine
- 1 cup water or light fish sauce (if using water add 1 teaspoon of salt to the water)
- 1/2 cup pitted, and chopped Castelvetrano, Kalamata, or mixed olives
- 1/2 cup capers
- 2 Tbsp. chopped Italian parsley
- lemon slices and crusty bread (for serving)

1. Pat the cod dry and season both sides with salt and pepper.
2. Heat the olive oil in a large skillet over medium heat.
3. Add the shallots and garlic cook for about 1 to 2 minutes until fragrant .and soft but not brown
4. Stir in the cherry tomatoes and red pepper flakes. Cook for 5–7 minutes until the tomatoes begin to soften and release their juices.
5. Pour in the white wine and simmer for 2 minutes.
6. Add the salted water or fish stock along with the olives and capers. Bring to a gentle simmer.
7. Nestle the cod into the broth. Spoon some of the liquid over the fish, cover, and cook gently for 8–10 minutes,

or until the cod flakes easily with a fork.

8. Finish with chopped parsley and an extra drizzle of olive oil.
9. Serve immediately with crusty bread, grilled bread, or roasted potatoes.

Main Course

Italian

cod acqua pazza fish in crazy water Italian fish in crazy water Italian cod recipe