

Cod And Tomatoes

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Who doesn't like one pan cooking? I love, love one pan cooking. not only are there less pots and pans to clean up, It's quicker. This off the boat fresh Ling Cod with blistered garden tomatoes recipe comes together using one pan, is quick and delicious. First you brown the fish then remove it while you make the fresh tomato sauce, it's that simple to have a restaurant quality meal at home.

If you have the right pots and pans not only is one pan cooking easier, everything you make cook is easier. here is a link to a starter pot and pan set.

A few Options When Making Cod And Tomatoes

I used Ling cod. If you don't like cod use another firm fish. I've made it with red snapper and halibut both delicious. The capers add a bit of tang which I like paired with fish dishes that also use tomatoes.

If you don't like the idea of frying the tomatoes, spread them on a cookie sheet, drizzle with olive oil, garlic, salt and pepper and roast on a high 400 degree oven until blistered, and adding them back to the pan along with the fish.

When Which ever method you prefer this recipe is sure to become a family favorite and crowd pleaser.

If you make this Cod And Tomato recipe please leave me a comment and please tag me on Instagram. I love hearing from you It's my favorite part.

It's a perfect meal when you're looking to incorporate more fish into your weekly meal plan, and it's decadent enough for Saturday night dinner with friends

Ingredients

- 1 Lbs. Cod
- 1/2 cup flour
- Salt and pepper to taste
- 1 Lbs cherry tomatoes cut in half
- 1 cup chopped spinach
- 1 cup heavy whipping cream
- 1 cup chicken stock
- 2 Tbs. chopped garlic
- 1/2 cup chopped onion
- 1/2 cup capers
- 1 Tbs. each chopped Italian parsley, basil, and thyme
- 2 Tbs. each olive oil and butter

Instruction

1. Salt and pepper fish
2. Coat with flour shaking off excess
3. Heat oil and butter add onion and garlic saute until opaque
4. Add tomatoes fry until blistered add herbs push to one side of pan
5. Add Cod brown on both sides remove from skillet
6. Add heavy whipping cream and chicken stock
7. Simmer until thickens about 10 minutes
8. Add spinach and capers
9. Return fish to pan
10. Simmer 5 minutes more