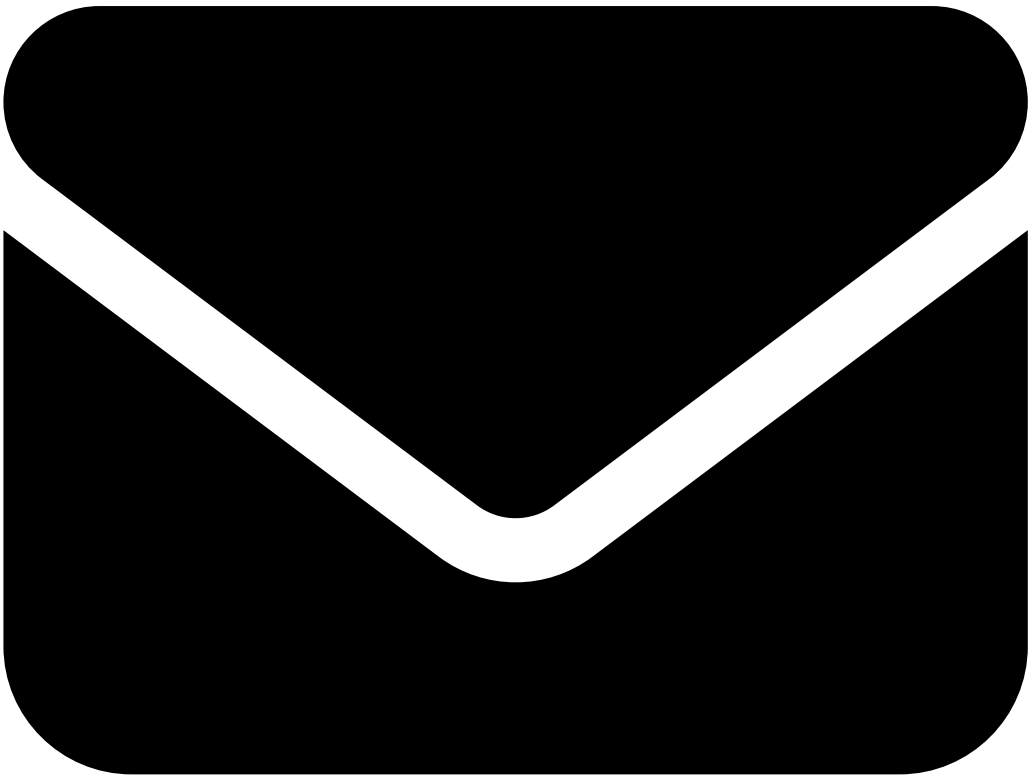
Italian Cod Puttanesca Recipe

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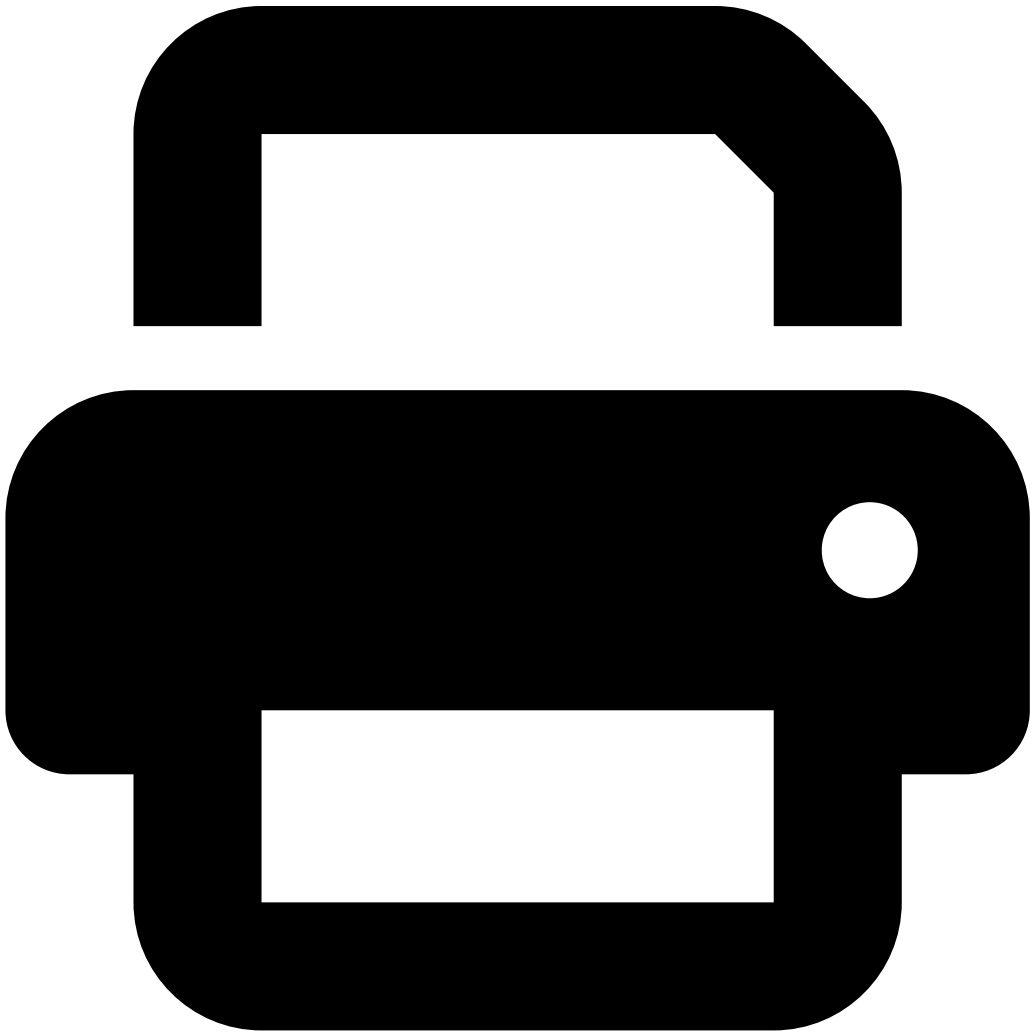









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Cod Puttanesca is a delicious twist on the classic Italian pasta sauce known as *sugo alla puttanesca*. This bold, savory sauce originated in Naples in the mid-20th century and is famous for its briny mix of olives, capers, garlic, and anchovies simmered in tomatoes. Some say it was invented by resourceful cooks who threw together whatever pantry staples they had on hand, while others believe its name comes from the lively neighborhoods where it first became popular. Traditionally served with pasta, this rustic sauce also pairs beautifully with fresh fish. In this recipe, delicate cod fillets are gently simmered in puttanesca sauce, creating a light yet hearty meal that’s full of authentic Italian flavor.

Things to know about Italian Cod Puttanesca Recipe

- **Cod cooks quickly:** Unlike salmon, cod is delicate and only needs a few minutes to finish in the sauce.

Overcooking will make it dry.

- **Anchovies add depth:** Even if you’re not an anchovy fan, they melt into the sauce and give it an authentic, savory flavor.
- **Best tomatoes to use:** Whole San Marzano or high-quality canned tomatoes give the richest flavor.
- **Make it ahead:** The puttanesca sauce can be made a day in advance; just add the cod when ready to serve.

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- **Salmon Puttanesca** – another light and flavorful take on this classic sauce.
- **Shrimp Scampi Spaghetti** – garlicky, buttery, and perfect with pasta.
- **Tuscan Orzo with Pan-Seared Salmon** – a hearty one-pan Italian dinner.
- **Serving ideas:** Pair with crusty bread, spoon over pasta or orzo, or keep it light with a side of roasted vegetables.

Italian Cod Puttanesca Recipe



This Italian Cod Puttanesca Recipe features flaky cod simmered in a bold tomato sauce with olives, capers, garlic, and herbs. It's a classic Italian-inspired seafood dinner that's easy enough for weeknights yet elegant enough for entertaining.

- 4 6 oz. cod fillets (skinless)
- 3 Tbsp. olive oil, divided
- 1 clove cloves, thinly sliced
- 3 Tbsp. onion finely chopped
- 1 14 oz. can whole peeled tomatoes, crushed by hand
- 1/2 cup pitted Kalamata olives, halved
- 2 Tbsp. capers, rinsed
- 4 fillets anchovy fillets, chopped (optional but traditional)
- 1 tsp. red pepper flakes (adjust to taste)
- 1/2 cup dry white wine
- 1 Tbsp. Fresh parsley, chopped (for garnish)
- Salt and freshly ground black pepper, to taste

1. **Prepare the cod**

   Pat cod fillets dry and season lightly with salt and pepper.

   Heat 2 tbsp olive oil in a large skillet over medium-high heat.

   Sear cod on each side for about 2–3 minutes, until golden. Remove to a plate (it will finish cooking in the sauce).

2. **Make the sauce**

   In the same skillet, add remaining 1 tbsp olive oil.

   Sauté garlic and onion until fragrant and softened, about 3 minutes.

   Add anchovies (if using) and cook until they melt into the oil.

   Stir in red pepper flakes, capers, and olives. Cook 1–2 minutes.

   Deglaze with white wine (optional), scraping up any browned bits.

   Add crushed tomatoes, stir, and simmer uncovered for about 10 minutes until slightly thickened.

3. **Finish with the cod**

   Nestle the cod fillets into the sauce.

   Spoon some sauce over the top, reduce heat to low, and cover.

   Cook 5–7 minutes, until cod is opaque and flakes easily with a fork.

4. **Serve**

   Garnish with fresh parsley.

   Serve with crusty bread, pasta, or over a bed of orzo to soak up the sauce.

Main Course
Italian
Italian cod puttanesca, cod puttanesca recipe,