

Italian Lemon Cod Bites

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This **Italian Lemon Cod** is a dish that brings me right back to my restaurant kitchen. It was one of those simple plates we made all the time—fresh, bright, and incredibly satisfying. Inspired by the same style used for classic lemon chicken in many Italian-American restaurants, tender cubes of **Pacific Cod** are lightly seared and finished in a silky lemon, garlic, and white wine sauce.

What made this dish so popular at the restaurant was its simplicity. With just a handful of ingredients and a quick cook time, the cod stays delicate and flaky while soaking up that vibrant lemon flavor. It's the kind of dish that tastes elegant but is actually very easy to make at home.

If you love light seafood dishes that come together quickly, this restaurant-style lemon cod is one you'll want to keep on repeat.

Things to now about this Italian lemon cod recipe

- **Use firm, fresh cod.** Cubes of **Pacific Cod** should look bright and smell clean like the ocean, not fishy. Fresh fish will hold its shape better when seared.
- **Pat the fish dry before cooking.** Removing excess moisture helps the cod develop a light golden sear instead of steaming in the pan.
- **Cook quickly over medium-high heat.** Cod is delicate and cooks fast. About 1–2 minutes per side is usually enough to keep it tender and flaky.
- **Use fresh lemon juice.** Fresh lemon gives the sauce its bright flavor and keeps the dish light and balanced.
- **Serve immediately.** This dish is best right out of the pan while the sauce is glossy and the fish is tender.

Storage

- **Refrigerate:** Store leftovers in an airtight container in the refrigerator for up to **2 days**.
- **Reheat gently:** Warm in a skillet over low heat with a splash of water, broth, or lemon juice to loosen the sauce. Avoid microwaving too long, as cod can become tough.
- **Freezing is not recommended.** Cooked cod tends to become watery and lose its delicate texture after freezing.
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Tender cubes of **Pacific Cod** are lightly seared and finished in a bright lemon, garlic, and white wine sauce. This simple Italian-style lemon cod recipe is light, fresh, and ready in just 20 minutes.

- 2 Lbs. wild cod (cut into 2 inch cubes)
- salt (to taste)
- pepper (to taste)
- 1/2 cup flour (for dredging)
- 2 Tbsp. olive oil
- 2 Tbsp. butter
- 2 cloves garlic (finely minced)
- 1/3 cup lemon juice (juice from 1 lemon)
- 1/2 cup white wine
- 1/2 cup chicken stock
- 1/4 cup Italian parsley (chopped)

1. **Pat the cod dry** and season with salt and pepper.
2. **Lightly dredge** the cubes in flour and shake off excess.
3. Heat olive oil and 1 tbsp butter in a skillet over medium-high.
4. Add the cod cubes and **sear about 1-1½ minutes per side** until lightly golden. Remove and set aside.
5. In the same pan add garlic and cook 30 seconds.
6. Deglaze with **white wine and lemon juice**, scraping the pan.
7. Stir in remaining butter and return cod to the pan **just 30-60 seconds** to coat in the sauce
8. Finish with parsley.

Main Course

Italian

lemon,cod, piccata, Italian