

Cooking Light®

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[let's get cooking!]

15

FAMILY MEAL

For the Love of Cod

Maine chef Justin Walker shares his son's most-requested home-cooked dish, a bright, fresh mélange of spring veggies and mild, flaky fish.

CL So this is a Walker family fave?

JW This dish was one of the few things my son would eat when he was 1½. And it had to be seasoned just right, and have lots of olive oil.

This particular version feels like spring on a plate. How do you achieve that?

These are classic spring components—spring onions, fennel, fresh herbs—that we love to use coming out of the winter. This dish is healthy. And it's not complicated; it doesn't take hours of prep.

Any tips for cooking cod to perfection?

Cod in particular is a very lean fish, so you need to cook it slowly and gently. The moist heat in this recipe keeps it from drying out. Cook it to just before it's completely done, and then let the residual heat finish it—it'll be absolutely perfect that way.



COD WITH FENNEL AND FINGERLING POTATOES

Active: 15 min. Total: 48 min.

Fingerling potatoes add some satisfying heft to a light dish of fish and veggies in a clean broth.

- 3 cups purple Peruvian and banana fingerling potatoes, halved lengthwise
- ¼ cup extra-virgin olive oil
- ½ cup thinly sliced fennel bulb
- ½ cup thinly sliced spring onion, green and white parts
- 2 Tbsp. minced garlic
- 1 Tbsp. chopped fresh tarragon
- 1¼ tsp. kosher salt, divided

- ½ tsp. freshly ground black pepper, divided
- ½ cup dry white wine
- ½ cup unsalted chicken stock (such as Swanson)
- 2 Meyer lemon slices
- 6 (6-oz.) cod loin fillets
- Meyer lemon wedges (optional)

1. Place potatoes in a small saucepan; cover with cold water by 1 inch. Place pan over medium-high; bring to a simmer and cook 1 minute or until potatoes are not quite fully tender. Drain well; set aside.
2. Heat oil in a large skillet over medium-high. Add fennel, onion, garlic, tarragon,

½ teaspoon salt, and ¼ teaspoon pepper; sauté 4 minutes or until vegetables are tender. Add wine, stock, and lemon slices; bring to a simmer. Add potatoes and cod, nestling cod into sauce; cover, reduce heat, and simmer 5 minutes or until fish is done. Divide potato mixture evenly among 6 bowls; top each serving with 1 fish fillet. Serve with lemon wedges, if desired.

✓ SERVES 6 (serving size: 1 cod fillet and about ½ cup potato mixture)

CALORIES 293; **FAT** 10.5g (sat 1.5g, mono 7.4g, poly 1.3g); **PROTEIN** 32g; **CARB** 14g; **FIBER** 3g; **SUGARS** 2g (est. added sugars 0); **CHOL** 73mg; **IRON** 1mg; **SODIUM** 508mg; **CALC** 44mg

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