



Poached Cod in Tomato Sauce



DIFFICULTY: EASY



PREPARATION TIME: 15
MINUTES



COOKING TIME: 20 MINUTES



SERVES: 2

Ingredients

400 g cod filets
10 cherry tomatoes
1 shallot
1 clove garlic
2 tsp olive oil
1 tsp tomato paste
100 ml white wine
200 g tomato purée (passata)
100 g unsalted butter
1 tbsp capers in brine
1 tsp lemon zest
3 sprigs thyme
salt
pepper
sugar

Method

Halve cherry tomatoes and mince shallot and garlic. Cut cod filet into equal portions if necessary and season with salt.

Heat olive oil in a frying pan on Induction Hob heat setting 6. Add garlic and shallot and fry until translucent. Add tomato paste and keep frying for approx. 1 – 2 min. or until the tomato paste starts to stick to the pan. Deglaze with white wine and let simmer for approx. 5 min.

Preheat oven to 160°C Circo Therm® with added steam level 1. Add tomato purée, butter, and capers, and season with salt, pepper, and sugar to taste. Heat over medium heat while stirring until the butter is melted and all ingredients are combined. Add halved cherry tomatoes and cod filets to the sauce and transfer pan to the oven and let cook for 12 min. Take cod out of the oven and serve with fresh lemon zest and thyme. Enjoy

Notes
