COOKING PASSION SINCE 1877

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

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