

Recipe adapted from BBC Food.



Baked Cod Portuguese

2 T olive oil, divided
2 lb. thick cod fillet, skin on, cut into 4 pieces
1 large onion, cut into quarters and sliced
4 plum tomatoes, chopped
1 c fire roasted tomatoes
1-1/4 c vegetable stock
1/2 c white wine
Salt to taste
1-1/2 T butter
2 T fresh chopped parsley
Pepper to taste

Preheat the oven to 400F. Coat a large oven-proof skillet with one tablespoon of the olive oil. Fry the cod, skin side down for one minute. Remove the fish and set it aside. Add another tablespoon of olive oil to the same skillet and toss in the sliced onions. Saute the onions until soft and add the plum tomatoes, fire roasted tomatoes, stock and wine. Bring the ingredients to a boil and simmer for 10 minutes.

Next place the cod back in the skillet over the tomatoes, skin side up. Transfer the skillet to the oven and bake the fish for 5 to 7 minutes, until it flakes easily with a fork. Remove the skillet from the oven and remove the cod, setting it aside and keeping it warm. Return the skillet to the stove top (use caution it will be hot), add the butter and boil rapidly over high heat, stirring occasionally until the sauce is thickened, about 5 minutes.

Finally, toss in the parsley, season with salt and pepper and heat for another minute. Spoon the sauce onto four plates and place the cod over the sauce. Server with a garnish of parsley and a green salad.