

Basque Style Cod



For the Sauce

1 T olive oil
1 onion, diced
3 cloves garlic, minced
1 small yellow bell pepper, diced
1 small red bell pepper, diced
1 small green bell pepper, diced
5 vine-ripened tomatoes, seeded & diced
1 T dried thyme
Pinch of cayenne pepper
1/2 c dry Spanish red wine
Salt and pepper to taste

For the Cod

2 to 4 cod fish filets (6-8 oz. each)
1 T olive oil
Salt and pepper to taste
Pinch of powdered garlic
Pinch of dried thyme
Cured jamon or Serrano ham

For the sauce:

Heat the olive oil in a large skillet. Saute the diced onion for 3-5 minutes, or until translucent (season with salt). Next add the garlic and sauté another 30-45 seconds before adding the bell peppers. Simmer the peppers for about 5 minutes, or until soft. Next add the tomatoes and spices and simmer, stirring often, an additional 10 minutes. Lastly, add the red wine and simmer for a final 20 minutes, again stirring often. Season with salt and pepper to taste. Keep warm.

For the cod:

Heat the oil in a large skillet over high heat. Season the cod liberally with salt and pepper, and a pinch of powdered garlic and thyme. Add the filets to the skillet and cook over medium-high heat for 5-7 minutes. Flip the filets, toss in the shredded ham and heat an additional 2-3 minutes. Fish should be flakey and opaque.

Serve the sauce alongside the fish immediately.

