

Baked Hazelnut Encrusted Cod

Let's do something interesting with fish tonight! You can find cod, sablefish, black cod or Pacific cod at the fish counter. You can also by packages of frozen cod at many supermarkets. They are all reasonably sustainable catches so dare I say: "In Cod We Trust?"

Tonight, you'll cook the fish with a toasted hazelnut crust. The fish is accompanied by a healthy portion of nutty rice. Bright green steamed broccoli with butter and lemon finishes the plate.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

First thing, put rice on to cook. Place rice and water into a medium saucepan, bring to a boil. Reduce heat to medium-low, cover and set a timer for 25 minutes.

Now prep the rest of the ingredients before you begin assembling the meal. There are 2 toasted nut preps today: 8 pecan halves for the Nutty Rice, 10 whole hazelnuts for the Hazelnut Encrusted Cod.

Nutty Rice

1 C. brown rice
2-1/4 C. water
Use 1 C. cooked rice tonight

3 green onions (chopped)
3 T. fresh parsley (chopped)
2/3 C. frozen peas

1/4 C. low-sodium veggie broth
1 tsp. low-sodium soy sauce
2 T. lemon juice

8 pecan halves (toasted and chopped)

Hazelnut Encrusted Cod

1 lb. cod fillets
2 tsp. canola oil

2 T. lemon juice
1 tsp. low-sodium soy sauce
3 T. nonfat milk

10 whole hazelnuts
1/4 C. Panko or bread crumbs
1/2 tsp. ground black pepper
1/2 tsp. salt

Steamed Broccoli

3/4 C. water
12 oz. broccoli (washed and chopped
into 1-1/2" pieces)

2 tsp. butter
2 tsp. lemon juice
1 T. low-sodium vegetable broth

Preheat Oven to
420°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Toast the Hazelnuts in oven or toaster oven until the skins turn dark brown. Let them cool and then rub them vigorously between your palms to remove skins. Some skins will stay attached and that is just fine. You just need to get rid of the loose skins. Now they're ready to use in tonight's meal. The pecans will only need to be toasted.

Hazelnut Encrusted Cod

1. Place cod, skin-side-down in an oiled baking dish.
2. Mix lemon juice, soy sauce and milk and spoon over fillets.
3. Coarsely chop hazelnuts in a food processor. Add panko or bread crumbs, pepper and salt.
4. Chop until bread crumbs and hazelnuts are chopped fine.
5. Pat hazelnut mixture over sides and top of fillets.
6. Slide into oven and bake at 420°, uncovered, for 15 minutes.
7. When baked, scrape skin off of underside before placing on plates.

Nutty Rice

1. Measure 1-1/2 C. cooked rice into a medium sized bowl. Add chopped green onions and parsley to bowl.
2. Place peas in 1 C. salted water and boil for 3 minutes. Drain and add to the rice bowl. Toss well.
3. Mix broth, soy sauce and lemon juice in a small bowl. Toss with rice. Cover bowl and microwave 1-1/2 minutes.

(Just before serving, toss toasted, chopped pecans with rice mixture.)

Steamed Broccoli/Plate the Meal

1. Place broccoli pieces in top of a steamer pan over boiling water. Cover and steam 4 minutes. Toss once during steaming.
2. Turn off heat and remove from burner. Discard liquid from bottom pan. Return bottom of the steamer to the warm burner and add butter, lemon juice and broth. Stir until butter melts. Toss steamed broccoli with butter mixture.

Plate the meal:

- Toss toasted, chopped pecans into rice mixture now.
- Cut fish into 3 equal pieces. Save 1 fillet for Friday's meal and place other fillets on dinner plates. Flank fillets with 1/2 of the nutty rice and broccoli.

What I've Learned from this Recipe

Steaming is a terrific way to cook vegetables and retain their nutritional value while preserving their color. These recipes usually suggest a steam time that will yield cooked vegetables with just a hint of firmness. Steam them to your preference, soft or firm.

Let us know what you think, and ask any questions you may have. chezdon@plate6.com