

Italian-style Cod with Lemon/Scallion Orzo

Here is another easy way to prepare Cod. We'll start with an old-world Marinara Sauce. Then we'll add onions, celery, peppers and capers to the sauce and poach the cod. Generous helpings of Lemon/Scallion Orzo Pasta and peas with lemon butter accompany the fish.

Preparation time: 50 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates or in bowls before you start. An organized cooking process makes for happy cooking. You'll prep a total of 1 C. chopped onion: 1/2 C. for Marinara Sauce and 1/2 C. for the Cod. You'll also be using 1-2/3 C. red wine in the Marinara Sauce.

Lemon Scallion Orzo

1 C. dry Orzo pasta
3 C. water

1 tsp. olive oil
2 tsp. butter
1/3 C. chopped green onions
1 T. Lemon juice
mixed with
1/4 C. low-sodium vegetable broth

1 T. shredded Parmesan

Italian-style Cod

2 tsp. olive oil
1/2 C. yellow onion (chopped)
1/2 C. celery (chopped)
1/2 C. green bell pepper (chopped)

1/2 C. Marinara sauce
1/2 C. low-sodium vegetable broth
2 T. lemon juice
2 T. capers

two 5 oz. cod fillets (about 1" thick)
3 T. lightly chopped Italian parsley

Marinara Sauce

1 tsp. olive oil
4 cloves garlic (smashed and chopped)
1/2 C. red wine

1/2 C. yellow onion (chopped)
one 15 oz. can of no-salt tomato sauce
one 15 oz. can regular tomato sauce
another 1/2 C. red wine

2 T. dry basil leaves
1 T. dry oregano leaves
a few dashes Tabasco sauce

remaining half of the chopped garlic (above)

1 tsp. olive oil
yet another 2/3 C. red wine

Peas with Lemon/Butter

1-1/2 C. frozen peas
1 C. water

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

Put Water on to Boil
for Orzo Pasta

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

If you don't have leftover Marinara Sauce, you'll make some this evening. The rest of the recipe flows easily once the Marinara Sauce is ready.

Lemon Scallion Orzo

1. Orzo is the rice-like pasta from Northeastern Italy. It cooks the same way as any other pasta. Just put the dry orzo into the boiling water and cook for 8 minutes. Drain and rinse.
2. Toss green onions in mixture of olive oil and butter until they begin to sizzle. Add lemon juice and vegetable broth and bring to a boil.
3. Stir in 2 C. cooked orzo pasta. Remove from heat, cover and set aside.

Marinara Sauce

1. Measure oil into a deep sauté pan. Add 1/2 of the chopped garlic and stir over medium-high heat until garlic starts to turn golden brown.
2. Add first 1/2 C. wine and bring to boil. Cook 1 minute.
3. Add onion and toss until wine is almost gone.
4. Add both cans of tomato sauce (rinse cans with additional 1/2 C. red wine and add to sauce.)
5. Add spices and Tabasco. Bring to boil. Cover, reduce heat to low and cook 10 minutes.
6. While sauce cooks, brown remaining garlic in olive oil. Add final 2/3 C. wine and cook over low heat for 2-3 minutes.
7. When the sauce in main pan finishes cooking, add additional wine and garlic to the sauce. Remove large pan from burner.

Italian-style Cod

Italian-style Cod/Peas with Lemon Butter

1. Sauté onion, celery and green pepper in oil for about 3 minutes. Measure and add Marinara Sauce vegetable broth, lemon juice and capers and cook 5 minutes over medium-low heat.
2. Return sauce to a boil and slide fillets into pan. Cover pan. The fillets will cook in about 5 minutes. Turn them once after about 2 minutes. (Cook peas while fish finishes cooking.)

Peas with Lemon/butter:

Bring 1 C. salted water to a boil and add 1-1/2 C. frozen peas. Boil 5 minutes. Drain and return to pan. Add lemon juice, broth and butter and toss about a minute over low heat.

Plate Meal:

Place a fillet on each dinner plate and smother with Tomato/Vegetable mixture. Rewarm orzo in the microwave and spoon 1 C. of the orzo next to each fillet. Sprinkle 2 tsp. Parmesan over each orzo serving. Divide peas between plates.

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