

Poached Italian-style Cod with Bok Choy

Tonight you'll be poaching a cod fillet in a flavor-packed Italian sauce of tomatoes, garlic, peppers, celery and onion. The sauce carries a slight aroma of oregano with a touch of lemon.

Top off the meal with seared bok choy with onions and a light Almond/Scallion rice.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients so they are easy to add. You'll have 4 different onion preps today: 3 chopped green onions for the Almond/Scallion Rice, 3/4 C. sliced onion for the Seared Bok Choy, 1 T. finely-chopped onion for the Tartar Sauce and 1/2 C. chopped onion for the Poached Cod.

Almond/Scallion Rice

1 C. brown rice
plus
2-1/4 C. water

3 green onions (chopped)
2 T. lemon juice
1/4 C. low-sodium vegetable broth

3 T. parsley (chopped)
6 cherry tomatoes (halved)
1/4 C. sliced almonds (toasted)

Poached Cod

Italian Poaching Sauce:
one 15 oz. can diced no-salt tomatoes

1-1/2 T. lemon juice
1/2 C. yellow onion (chopped)
1/4 C. celery (chopped)
1 tsp. dry oregano leaves

1 clove garlic (smashed and chopped)

Three 5 oz. cod fillets

Quick Tartar Sauce

1 T. mayonnaise
2 T. quark or thick yogurt
1 clove garlic (smashed and chopped)
1 T. finely-chopped onion
2 T. chopped dill pickle
1/2 tsp. lemon juice
1/8 tsp. grated fresh ginger
1/8 tsp. sesame oil

Seared Bok Choy

2 tsp. canola oil
1 tsp. sesame oil
3/4 C. sliced yellow onion
2 bunches baby bok choy (stems and leaves
chopped separately)
1 clove garlic (smashed and chopped)
pinch of salt
1 T. rice wine vinegar

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by putting the rice on to cook. Measure brown rice and water into a medium saucepan and bring to a boil. Turn heat to medium-low, cover and set a timer for 25 minutes. Next, stir together the Tartar Sauce ingredients. When the rice is cooked the rest of the meal should be ready as well.

Almond/Scallion Rice

1. Measure 1-1/2 C. cooked rice into a medium-sized bowl.
2. Add 2 of the 3 chopped green onions.
3. Mix lemon juice and broth in a separate bowl and pour over rice/onion mixture. Toss well. Cover with a plate and microwave 1 minute.

Just before serving

Add parsley, cherry tomatoes, toasted almonds and remaining chopped green onion. Toss well and serve.

Poached Cod

1. Combine canned chopped tomatoes, lemon juice, chopped onion, celery and oregano leaves in deep sauté pan. Bring to a hard boil, reduce heat, cover and cook 5 minutes.
2. Sprinkle chopped garlic over the fish fillets and place the fillets in boiling tomato mixture. Cover, reduce heat to low and poach 5-10 minutes until fillets are tender. If the fillets are thick you will need to turn them from time to time.
3. If fillets have skin on them, remove and discard skin just before serving.

* **See below for doneness tips.**

Seared Bok Choy

1. Measure canola and sesame oil into a large sauté pan and heat until oil begins to shimmer.
2. Add onion slices, chopped bok choy stems and chopped garlic. Toss over medium-high heat and sear until onions begin to brown.
3. Add chopped, bok choy leaves, a pinch of salt, and rice wine vinegar. Reduce heat to medium and toss for 2 minutes. (Finish Almond/Scallion Rice Assembly before plating the meal.)

Plate the Meal

Set aside one cooked fillet and 1 C. cooked rice in fridge for upcoming meals.

Serve 1 fillet per diner and spoon tomato sauce over the fillet. Flank with Almond/Scallion Rice and Seared Bok Choy. Scoop a little tartar sauce onto the plate next to the fillet.

What I've Learned from this Recipe

* One has to keep an eye on poaching fish. The cook time will depend upon the thickness of the fillet. The fish is done when it begins to separate slightly. If poached too long, the fish gets mushy. Let us know what you think, and any questions you may have! chezdon@plate6.com