

Sauteéd Cod with Spicy Garlic Sauce



Sauteéd Cod with Spicy Garlic Sauce

Ingredients

1 $\frac{1}{2}$ pounds cod, or other thick white fish, 1 fillet cut into 2 or 4 pieces)

$\frac{1}{4}$ cup olive oil, or peanut, or vegetable oil

flour for dredging

2 tablespoons minced garlic

1 tablespoon grated fresh ginger

1 tablespoon dry white wine, or sherry

$\frac{1}{2}$ cup chicken stock, or beef, or vegetable stock, or water

1 tablespoon soy sauce

$\frac{1}{2}$ teaspoon crushed red pepper flakes, or chlle garlic paste, or hot sauce, to taste

minced cilantro, for garnish

Lime wedges, for garnish

Method

1. Heat a large skillet, preferably non-stick, over medium high heat for two or three minutes. Add the oil to the skillet and, when it is hot (a pinch of flour will sizzle), season the fillets well, then dredge them in the flour shaking off any excess. Add them to the pan.

2. Raise the heat to high and cook until browned on each side, turning once. Total cooking time will be about 10 minutes. Any

thick fillet, when done, will still be firm and juicy, but will have lost its translucence, and a thin-bladed knife will pass through it fairly easily. Sturdier fillets will take a minute or two longer than cod and other relatively delicate fish.

3. When the fish is done, remove it to a warm plate.

4. Pour off any remaining oil in the pan, then wipe it out (carefully it's still hot). Add 1 tablespoon of fresh oil, turn the heat to high. Add 2 tablespoons minced garlic and 1 tablespoon peeled and minced or grated fresh ginger; cook for 15 seconds.

5. Add 1 tablespoon dry white wine or sherry, followed almost immediately by 1/2 cup chicken, beef, or vegetable stock, or water. Cook for 30 seconds, then add 1 tablespoon of soy sauce and 1/2 teaspoon crushed red pepper flakes, chili-garlic paste (available Asian markets) or hot sauce, to taste.

6. Pour the sauce over the fish and serve immediately. Garnish with minced cilantro leaves and serve with lime wedges instead of lemon.

Source: How to Cook Everything by Mark Bittman (4 servings)