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Cod Poached in Tomato Saffron Broth



Ingredients

- 2 tablespoons olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 2 (14.5-ounce) cans diced tomatoes, drained
- 2 cups dry white wine
- 2 cups clam juice
- Pinch of saffron
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 4 (6-ounce) cod or sablefish fillets

How to Make It

Heat oil in a 10-inch, straight-sided skillet over medium-high heat; cook onion 5 minutes or until softened. Add garlic and next 4 ingredients; cook, covered, over medium heat 10 minutes. Stir in salt and pepper. Add cod to skillet; reduce heat until wine mixture just simmers. Cover and poach 5 to 7 minutes or until fish flakes with a fork. Serve in bowls with broth spooned over fish.

Might serve over chick peas and decorate with dill.