

rialto

RESTAURANT + BAR

Cloaked cod with slow cooked tomatoes

This is a really fun dish to make--it's sort of like making a grilled cheese sandwich.

2 cups slow braised tomatoes

¼ teaspoon hot red pepper flakes

¼ cup freshly squeezed orange juice

1 tablespoon freshly squeezed lemon juice

Kosher salt and freshly ground black pepper

4 slices white sandwich bread, cut ½-inch thick

4 5-ounce fillets fresh cod, 3"x 3" and ¾-inch thick, free of skin and bones

¼ cup pure olive oil

2 tablespoons chopped parsley

1. Heat the tomatoes in a small saucepan with the red pepper, orange juice, and lemon juice over medium-low heat with ¼ cup water. Season with salt and pepper and keep warm while you cook the fish.
2. Trim the bread slices to remove the crusts. Cut the bread to fit the size of the fish fillets. Season the fish pieces on both sides with salt and pepper. Set each piece of fish on a bread slice.

3. Heat the olive oil in a large sauté pan over medium-low heat. Add the fish, bread side down, cover and cook 5-6 minutes, or until the bread is crisp and the fish is cooked to medium.
4. To serve, put a spoonful of tomato sauce in a shallow soup bowl and set a piece of fish, bread side up, on the sauce. Sprinkle with chopped parsley.