

Sautéed Cod with Mushroom, Radishes and Olives

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 20 minutes

Preparing and sautéing the cod

Heat 1 tablespoon of olive oil in a skillet. While the oil heats up, cut the cod into 2 steaks, about 6 ounces each. Sprinkle with salt and pepper then dip into the half-and-half and dredge in the flour.

Add the cod to the hot pan and sauté until golden brown on the outside and cooked to your liking, about 3 minutes on each side for a slightly underdone center. If the cod is golden but needs more cooking, you can reduce the heat to low, cover it and continue cooking until it is cooked to your liking.

While the cod cooks, prepare the vegetable mix.

Step 1: Preparing and sautéing the cod

- 2 tablespoons olive oil
- 1 piece cod, about 12 ounces and 1 inch thick
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 3 tablespoons half-and-half
- ¼ cup Wondra or all-purpose flour

Step 2: Preparing the vegetable mix

Chop the mushroom into thin pieces, julienne the radishes, slice the scallion, and cut the olives in half.

Step 3: Finishing the cod and cooking the vegetables

- 1 large cremini or white mushroom
- 2 radishes
- 1 scallion/green onion
- ¼ cup Kalamata olives

Transfer the cod to a platter.

In the same pan, heat the remaining tablespoon of oil and the butter over medium heat. Add the mushrooms and scallions and sauté for 30 to 40 seconds. Add the radishes and the olives and cook until they are warmed through, another 30 seconds. Spoon the vegetables over the cod.

Step 4: Serving

- Minced chives

Sprinkle the chives over the top and serve immediately.