

Sautéed Scrod/Cod with Tomato Sauce

Swick

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

Chef's Notes

This tomato sauce is just a purée of fresh tomato with salt, pepper, a dash of oil, and butter. It can be served as a cold gazpacho or put in the microwave for 1 or 2 minutes to serve warm as a sauce with the fish.

Preparing the fish

Sprinkle the fish with salt and pepper, and rub with the oil. Set a medium nonstick pan over medium-high heat and place the fish in the pan, cover, and cook until the fish is cooked to your liking, 4 to 5 minutes, depending on the thickness of the fish.

Step 1: Preparing the fish

- 2 pieces of scrod or cod, each about 5 ounces and 1-inch thick
- Kosher salt
- Freshly ground black pepper

Step 2: Making the sauce

- $\frac{3}{4}$ cup diced ripe tomatoes
 - Dash kosher salt
 - Dash freshly ground black pepper
 - $\frac{1}{2}$ tablespoon unsalted butter
 - 1 tablespoon extra-virgin olive oil
- Put the tomatoes, salt, pepper, butter, and oil in a blender, and blend until smooth. Transfer the sauce to a microwavable bowl and heat in the microwave until the sauce is warm, 1 to 2 minutes on full power.

Step 3: Serving

Pour the sauce onto 2 warm plates and set the fish on top. Sprinkle with chives and serve immediately.