



SPANISH-STYLE COD WITH TOMATOES AND OLIVES

By Grace Parisi

RECIPE

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The Sitka Salmon Shares Team

This Spanish dish, called ajoarriero, typically uses salt cod (bacalao), which needs to be soaked overnight to soften and remove the salt. We're using lingcod along with the classic tomato, olives, roasted peppers, and potatoes, but any firm white fish like rockfish, cod, or halibut will do.

ACTIVE: 30 MIN TOTAL: 35 MIN SERVES: 2-3

- Salt and fresh ground pepper
- 12 ounces baby red or white potatoes, quartered
- 1 portion lingcod (10 to 14 ounces)
- 1 tablespoon extra virgin olive oil, plus more for drizzling
- 1 teaspoon smoked/regular paprika
- 1 shallot or ½ small red onion, halved and thinly sliced
- ½ cup thickly-sliced, jarred roasted red peppers
- 1 large garlic clove, thinly sliced
- ¼ cup dry white wine
- 1 (15-ounce) can stewed tomatoes with their juices (or whole plum tomatoes, coarsely chopped)
- ½ cup pitted green Spanish olives
- Crusty bread for serving

1. Bring a medium saucepan of salted water to a boil over high heat. Add the potatoes and cook just until barely tender when pierced with a knife, 8 to 10 minutes. Drain and pat dry with paper towels.
2. Drizzle the fish lightly with oil, then rub with the paprika and a pinch each of salt and pepper. In a medium nonstick skillet, heat 1 tablespoon oil over medium-high heat until shimmering. Add the fish and cook, turning once, until lightly seared, about 1 minute per side. Transfer to a plate.
3. Add the potatoes to the skillet and cook turning once, just until golden, about 3 minutes. Transfer the potatoes to the plate with the fish.
4. Add the shallot, roasted peppers, and garlic to the skillet, and cook, stirring occasionally, until fragrant, about 2 minutes. Stir in the wine and simmer until the liquid evaporates, about 1 minute. Add the tomatoes and their juices along with ½ cup water. Season with salt and pepper and bring to a boil over high heat. Reduce the heat to medium and simmer until the liquid is slightly reduced, 5 to 7 minutes.
5. Nestle the fish, potatoes, and olives into the sauce. Cover partially, and cook until the fish is just cooked through, about 5 minutes.
6. Break the fish into large pieces and transfer to shallow bowls. Spoon the vegetables and pan sauce all around the fish, drizzle generously with olive oil, and serve.

PRO TIPS



PAIR IT UP

Pour any light and fruity white or rose from Spain, such as albariño or txakolina rosado.



LEVEL IT UP

Add a pinch of crushed red pepper flakes for spice and jarred piquillo peppers for a more authentic flavor.



CHANGE IT UP

Turn leftovers into a quick and easy bouillabaisse by adding a bit of fish stock or clam juice and serving with crunchy crostini.



LIGHTEN IT UP

Filled with many heart-healthy fats, antioxidants, and lean proteins, albacore tuna is a nutritional powerhouse.

THE CATCH