

FOOD & WINE

Inspiration served daily

RECIPE



© Kana Okada

Cod with Artichokes and Chickpeas

Contributed by **Mark Sullivan**

ACTIVE:

TOTAL TIME: 45 MIN

SERVINGS: 4

At The Restaurant: \$29 per person This recipe is based on *barigoule*, a Provençal dish of artichokes, mushrooms and oil. To serve with cod, **Mark Sullivan** prepares it with baby artichokes and chanterelles.

At Home: \$8 per person Make the dish with frozen artichokes and shiitake **mushrooms**, which are less pricey than chanterelles.

ACTIVE: **TOTAL TIME: 45 MIN** **SERVINGS: 4**
FAST

INGREDIENTS

Ingredients

2 tablespoons unsalted butter

1/4 cup extra-virgin olive oil

1 small white onion, sliced 1/2 inch thick

One 9-ounce box frozen artichoke hearts, thawed and pressed dry

1/4 pound shiitake mushrooms, stems discarded and caps quartered

2 carrots, cut into 1/2-inch pieces

2 garlic cloves, thinly sliced

One 15-ounce can chickpeas, drained

1 cup chicken stock or low-sodium broth

Salt and freshly ground pepper

DIRECTIONS

1. In a large, deep skillet, melt the butter in 2 tablespoons of the olive oil. Add the onion, artichoke hearts, shiitake caps, carrots and garlic and cook over moderately high heat, stirring occasionally, until lightly browned, 7 minutes. Add the chickpeas and stock, season with salt and pepper and bring to a boil. Simmer over low heat until the vegetables are tender and the liquid is nearly evaporated, 5 minutes. Stir in the parsley and chives and keep warm.
2. In a large nonstick skillet, heat the remaining 2 tablespoons of olive oil until almost smoking. Season the cod fillets with salt and pepper, add to the skillet and cook over high heat until

2 tablespoons chopped flat-leaf parsley

2 tablespoons snipped chives

Four 6-ounce skinless cod fillets

Lemon wedges, for serving

well browned on the bottom, about 6 minutes. Carefully flip the fillets and cook until they're white throughout, about 3 minutes longer.

3. Spoon the vegetables into shallow bowls and top with the seared cod fillets. Serve with lemon wedges.

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