

Cod with Tomato Cucumber Salsa

Courtesy of Carole's Creations

Prep Time: 25 minutes

Cooking Time: 5 – 10 minutes

Serves: 4

CChints: As a general rule you want to peel cucumbers. During the off season there is a preservative waxy coating that keeps it fresh but you don't want to eat that. An easy way to remove the cucumber seeds is to cut it half lengthwise and use a grapefruit spoon because it has a jagged edge. Use the spoon to scrape out the seeds easily. Also, this recipe can be made with other fish like Flounder or Mahi Mahi. Shallots are a small, purplish, mild onion but you can substitute a minced green onion if you wish.



Salsa:

1 pint Grape tomatoes cut in half
1 cup finely chopped cucumber, seeded
1/2 cup frozen corn, thawed or fresh corn
1/3 cup finely chopped yellow or red bell pepper
3 tablespoons chopped fresh cilantro
2 tablespoons chopped fresh dill
1-1/2 tablespoon minced shallots
1-1/2 tablespoons fresh lime juice
1 teaspoon lime zest
1/2 teaspoon salt and a dash of pepper
2 tablespoons extra virgin olive oil

Cod:

4 – 6 ounce cod filets
2 teaspoons olive oil
2 teaspoons butter
1 egg, beaten
1/4 cup Panko bread crumbs
1/2 teaspoon salt
1/2 teaspoon cumin
Dash of black pepper

Optional: 4 servings of a steamed vegetable or side salad

Make the salsa first so the flavor can get to know each other. In a medium mixing bowl, combine all the ingredients for the salsa. Stir well to combine the flavors and set aside, giving it a quick stir occasionally as you cook the fish.

Rinse the fish and pat dry with paper towels and get ready to set up your assembly line, starting with the fish. Next, crack the egg into a shallow bowl and beat slightly. In another shallow bowl or paper plate, stir together the bread crumbs, salt, pepper and cumin.

Now, locate a large nonstick skillet that has a cover and add the oil and butter. Turn the heat to medium and stir occasionally until the butter melts. Take one piece of fish at a time and lay each side in the egg and then tip in the bread crumbs. Carefully lay it in the hot pan. Do the same with the other pieces. Cover and cook for 2-5 minutes on the first side. This timing, all depending on the thickness of your fish. Fish cooks very quickly especially when it is half inch thick and it will also be hard to turn over without breaking apart. Reduce the heat and turn the fish over for another 2-5 minutes, covered. The fish is done when it flakes in the center.

Remove the fish from the pan and put directly onto dinner plates. You don't want to move the fish too much because it will break apart. Spoon the salsa over the fish and serve with a side vegetable or salad.