

COD IN RED WINE:

Yield: Makes 2 servings

INGREDIENTS

2 tablespoons olive oil
1 onion, thinly sliced
1 clove garlic, minced
1/2 cup each red wine and fish stock or clam juice
1 tablespoon capers
1/2 teaspoon dried thyme
Salt and freshly ground black pepper
1/2 cup (packed) parsley, chopped
1/2 pound cod, cut into 1 inch chunks
1 tablespoon butter, optional

PREPARATION

Heat the olive oil in a skillet. Add onion and garlic and begin to sauté. Cover and cook until softened, about 5 minutes (if onions begin to stick add a spoonful of water to the skillet and continue to cook). Add the red wine, clam juice, capers, and thyme and bring liquid to a boil. Simmer over low heat until reduced to 1/2 cup.

Right before serving bring the sauce back to a simmer and add the fish. Cover and cook over very low heat until the fish is just cooked through, about 5 minutes. Remove from heat and swirl in butter and parsley (don't worry if fish falls apart). Adjust seasoning and spoon in deep plates over rice, potatoes or garlic croutons.

