

Poached Cod with Fennel, Kalamata Olives and Tomatoes in a Saffron Broth

INGREDIENTS

2 tablespoons extra virgin olive oil
4 cloves garlic, thinly sliced
2 cups chopped fennel (1 large or 2 small bulbs)
1 teaspoon hot pepper flakes
1 14.5 ounce can whole peeled tomatoes
1/4 cup dry white wine
1/4 cup parsley, chopped
2 bay leaves
Pinch of saffron threads
1/2 cup sliced Kalamata olives
4 five ounce skinless cod filets

INSTRUCTIONS

1. Heat oil in a medium skillet over medium heat. Add garlic, fennel, and hot pepper flakes and cook, stirring often until fragrant (garlic should not take any color), about three minutes.
2. Add tomatoes, crushing them with your hands as you add them; also adding wine, parsley, bay leaves, saffron, Kalamata olives and 1/2 cup water. Bring to a boil, reduce heat and simmer for 10 to 15 minutes. Season with salt and pepper.
3. Reduce heat to a medium low. Season cod with salt and pepper and place in simmering broth. Cover and cook at a bare simmer until cod is opaque throughout and beginning flake, about five to seven minutes (thicker pieces may take longer).



UVMHealth.org/MedCenter

Makes 4 servings

Managing Diabetes in the Kitchen Cooking Series

THE
University of Vermont
MEDICAL CENTER