



Cod with Tomatoes and Black Olives

Recipe courtesy of Alba Carbonaro Johnson

Serves 4 to 6

I originally made this recipe the old-fashioned way with dried cod (baccala) which I soaked for days, changing the water several times. It is sometimes difficult to find dried cod in stores, so I use fresh cod instead for a fresher and easier approach to this old recipe.

1 1/2 pounds fresh cod, cut into bite-size pieces
Kosher salt
Freshly ground black pepper
Flour for dredging
4 tablespoons extra virgin olive oil, divided
2 cloves garlic, minced
1/2 –1 teaspoon red pepper flakes
1 pint grape tomatoes, rinsed, dried, and halved lengthwise
20 pitted black olives
30 capers
1 lemon

Season the cod with salt and pepper.

Place the flour on a plate. Dredge the cod in the flour, coating well. Shake off any excess flour or the extra flour will burn when cooking.

Line a plate with paper towels.

Heat 2 tablespoons oil in a large skillet over medium heat. Add the cod in batches; do not overcrowd the pan. Cook until golden on both sides, 3 to 5 minutes. Transfer the cooked cod to the lined plate to absorb any excess oil. Cover the plate and set aside.

In the same skillet, heat the remaining 2 tablespoons oil. When hot, add the garlic and red pepper flakes. Add the tomatoes and sauté 5 to 6 minutes. Lastly, add the olives and capers; mix well and cook for 1 minute. Mix well. Taste for seasoning and adjust as needed.

Tuck the pieces of cod into the tomatoes in the skillet. Reduce heat to low and cook about 10 minutes, turning only once. Squeeze lemon juice over the top and serve warm.