

Cod in Tomato Sauce

This recipe was adapted from Healthy Indian Cooking by S. Husain and M. Kanani. Serve over quinoa or brown rice and with a green veggie such as kale, a salad or roasted Brussels sprouts (our favorite). The rub is so tasty on the fish that you could serve it without the curry for a different experience.

For the rub:

- 2 tablespoons corn flour (other alternative flours will also work, such as rice flour or garbanzo bean flour)
- 1 teaspoon sea salt
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon ginger powder
- 1 teaspoon ground coriander
- ½ teaspoon ground fennel seeds
- 2 medium cod fillets, each cut into two pieces
- 1-2 tablespoons extra-virgin olive oil

For the sauce:

- 2 tablespoons tomato purée
- 1 teaspoon garam masala
- 1 teaspoon chili powder
- 1 teaspoon crushed, minced garlic
- 1 teaspoon finely grated ginger
- ½ teaspoon sea salt
- ¾ cup water
- 1 tablespoon extra-virgin olive oil
- 1 bay leaf
- 3-4 black peppercorns
- 1 piece cinnamon bark (~1/2 inch in diameter)
- 1-2 tablespoons chopped, fresh cilantro (fresh coriander)
- 1-2 tablespoons chopped, fresh mint

1. Mix together flour, salt, garlic powder, chili powder, ginger powder, coriander and ground fennel. Pour mixture over the four cod pieces and make sure they are well-coated in the spices.
2. Preheat a non-stick pan on medium heat. Add olive oil and coat the pan. When oil is hot, add cod. Cook until brown, then flip and brown the other side. Cook through completely (it should flake apart easily with a fork once it's done), approximately 3-5 more minutes. Remove cod from the pan and place on a plate.
3. Make the sauce by mixing in a small bowl the tomato purée, garam masala, chili powder, garlic, ginger, salt and water. Set aside.
4. Heat oil (on medium heat) in the pan you just used for the fish; add the bay leaf, peppercorns and cinnamon. Pour the sauce into the pan and reduce the heat to low. Bring slowly to a boil, stirring occasionally, and simmer for about 5 minutes.
5. Gently slide fish into the sauce mixture and cook for another 2 minutes.
6. Just before serving, top with fresh cilantro and mint and serve over quinoa or brown rice.