

Baked Cod with Apple Lemon Relish With Black Rice and Mango Habanero Orange Butter Crostini*

Serves 2

May 2015, by Camine Pappas

INGREDIENTS:

2 6 ounce cod filets
¼ t seasoning salt
2 T canola oil
Salt and Pepper
½ loaf 4 grain French bread
3 T butter
1 T mango habanero sauce
2 T orange marmalade
1t fresh tarragon leaves,
chopped finely and some
whole to garnish
1 large fuji apple diced small
¼ C very thinly sliced sweet
onion or shallot
¼ C champagne vinegar or
very mild white vinegar
(apple cider works, too but
it's more tart.)



Juice and zest of 1 lemon (reserve 3 thin slices of the lemon before squeezing to top the cod while baking.)

DIRECTIONS:

In a small bowl, add the apple, the onion, the lemon juice and zest, salt and pepper, chopped tarragon and the vinegar. Stir, pat down so that as much of the ingredients touch the vinegar. Cover and refrigerate for about 2 – 3 hours.

Rub baking dish with 1 T olive oil and rub the other on the cod filets and place in dish, not touching. Sprinkle lightly with seasoning salt and salt and pepper then top with the lemon slices. Cook on 400 degrees F for 15 minutes or just until they turn opaque. Remove and serve with the relish on top.

I also served with black rice which is so easy, nutty and beautiful!

**The crostini is prepared by toasting the bread on each side under the broiler. Then combine the butter, mango habanero sauce and marmalade together, evenly spread on bread and then broil again until melted.*

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