

Peanut Ginger Curry Crusted Cod

With Balsamic Beans, Raisins and Apricots

October 2014 by Camine Pappas

INGREDIENTS:

4 6 oz cod filets, patted dry
3 T olive oil
1 egg
½ C salted peanuts, crushed into small bits
¼ t curry powder
½ t ginger powder
¼ t cumin powder
Salt and pepper (1/2 t salt, ¼ t pepper)
½# green beans, fresh
¼ C dark raisins
12 dried apricots
½ stock or white wine
1 T mild balsamic (I used fig)
Fresh thyme to garnish



DIRECTIONS:

In a baking dish, spread 1 T of the olive oil on the bottom. Then in a bowl, add the peanut pieces, curry, cumin, ginger, salt and pepper and mix with a fork. In another bowl, break an egg and whisk it well. Place each filet in the egg to cover then dredge on both sides with the peanut crust. Place filets in pan about ½ apart. Drizzle with 1 T oil. Cook in a 400 degree F oven for 20 minutes or until opaque.

While the fish bakes, heat 1 T oil on high in a saucepan. Add the green beans and turn down the heat to medium. Add the raisins and apricots and let sear for about 30 seconds. Then add the balsamic and then the stock to deglaze. Lower heat, and cook for about 5 minutes. Cover and let finish steaming for about 3 minutes.

I served over rustic mashed potatoes.