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by Liz Robb

Pan Fried Cod With Spiced Tomato Sauce

Ingredients

Half a teaspoon of black peppercorns
1 level teaspoon of cumin seeds
Half a teaspoon of red pepper flakes
1 level teaspoon of ground cinnamon
1 onion
1 clove of garlic
A small piece of fresh ginger
Sunflower oil
Half a teaspoon of rice vinegar
1 teaspoon of tomato puree
1 teaspoon of brown sugar
Salt
400g can chopped tomatoes
2 pieces of cod fillet
15g butter
A few sprigs of fresh coriander

Servings
2
Person

Preparation

1. In a dry pan, toast the peppercorns and cumin seeds for just a minute to warm them. and then grind them together with the red pepper flakes and the cinnamon.
2. Peel and finely chop the onion, peel and finely grate the ginger then peel and finely chop the garlic. Saute the onion in a tablespoon of sunflower oil over a low heat for 2-3 minutes, add the garlic and ginger and saute for a further 3 minutes.
3. Stir in the prepared spices and saute gently, stirring, for another minute or two; take care not to burn the spices. Add the vinegar, tomato puree and sugar, and season with salt.
4. Stir in the chopped tomatoes and simmer gently, stirring occasionally, for about 15 minutes.
5. Blot the cod fillets on kitchen paper and season with a little salt. Heat 2 teaspoons of oil in a small frying pan and place the fish, skin side down, in the hot oil. Cook for 3 minutes, or until the skin is crisp and golden.
6. Carefully turn the cod fillets and add the butter, cut into small pieces. Cook the fish for a further 2-3 minutes, depending on thickness, basting occasionally with the oil and butter. Lift out when the fish is cooked through.
7. Finely chop some coriander and stir into the tomato sauce. Spoon the sauce into two dishes and place the cod on top, skin side up. Garnish with a little chopped coriander.

Cooks Note

This sauce is really tasty but quite spicy; if you prefer it to be milder, reduce the spices slightly.
I prefer to have a rustic sauce but you could, if you wish, blend it into a smooth tomato sauce.
This dish is lovely served with fresh green vegetables and new potatoes, or, alternatively, with rice.