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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.
