



Cod in Tomato and Salted Lemon Sauce

"Merluzzo" in a tomato and salted lemon sauce—cod has never tasted so delicious

🔪🔪🔪 Easy 🍽️ 4 Servings ⌚ 75 min.



You've definitely never tasted cod like this before: perfectly poached in a broth of tomatoes, Sicilian salted lemons, and ground fennel seeds. And then there's the saffron... Molto delicato!

Cod—*merluzzo* in Italian—is native to the North Atlantic. It measures 60 cm and weighs about 2.5 kilos. Its tender flesh, with a subtle salty note and low fat content, is perfect for a sugo or as a saltimbocca variation.

Ingredients

600 g cod fillet (skinless and boneless)
300 ml fish stock
20 black olives (pitted)
2 packages ORO di Parma Sugo Tradizionale
1 salted lemon
2 tsp fennel seeds
1 small jar of saffron threads
½ tsp Piment d'Espelette (or, alternatively, hot paprika)
1 large bunch of cilantro
4 tbsp extra virgin olive oil
Salt and freshly ground pepper

Step 1: The Preparation

First, prepare the sauce. To do this, lightly crush the fennel seeds in a mortar and toast them in olive oil over medium heat. Add ORO di Parma Sugo Tradizionale, salted lemon, and olives. Then season the sauce with salt and pepper and let it simmer for about 10 minutes over medium heat. Next, add the fish stock and season with saffron and Piment d'Espelette. Let it simmer for another 15 minutes over medium heat.

Step 2: The Fish

Now it's time for the cod: Season the fish with salt and pepper and cut it into 4 pieces. These cod pieces are then cooked in the finished sugo over medium heat for about 4 to 5 minutes.

Step 3: The Finale

Serve your salted lemon sauce with cod, garnish with fresh cilantro, and enjoy. Semplicemente delizioso!

Used products:



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