

Chile-Blackened Cod

with Epazote, Avocado & Red Rice Salad

Chefs, we're enjoying chocolate in a whole new way. While we're used to finding it in candy bars or in other desserts, cocoa powder has incredible savory applications, too! When charred (or "blackened," like in this recipe), cocoa powder transforms. Its lightly bittersweet flavors become robust and rich as they toast. Along with cumin and two kinds of ground chile in the spice blend, cocoa powder helps make this crust for flaky cod unforgettable.



Ingredients

- 2 Cod Fillets
- ½ Cup Red Rice
- 1 Avocado
- 1 Grapefruit
- 1 Red Onion
- 1 Large Bunch Epazote

Knick Knacks

- 2 Tablespoons Red Wine Vinegar
- 2 Tablespoons Sugar
- 2 Teaspoons Chile Cod Spice Blend
(Ancho Chile Powder, Chipotle Chile Powder, Ground Cumin & Cocoa Powder)

Makes 2 Servings
About 555 Calories Per Serving
Cooking Time: 25 to 35 minutes

1



Cook the red rice:

Heat a small pot of salted water to boiling on high. Once boiling, add the **rice**. Cook 24 to 26 minutes, or until the rice is tender. Drain thoroughly and transfer to a large bowl.

2



Prepare the ingredients:

While the rice cooks, wash and dry the fresh produce. Remove the fish from the refrigerator to bring to room temperature. Cut off and discard the rind and white pith of the grapefruit; medium dice the grapefruit. Peel and thinly slice the onion. Pick the epazote leaves off the stems; discard the stems. Pit, peel and medium dice the avocado; toss with a **splash of the vinegar** to prevent browning.

3



Pickle the onion:

While the rice continues to cook, heat a medium pan (nonstick, if you have one) on medium until hot. Add the **onion, sugar, remaining vinegar, a big pinch of salt** and **¼ cup of water**. Cook, stirring occasionally, 1 to 2 minutes, or until the liquid has slightly reduced in volume. Transfer to a heatproof bowl and set aside. Rinse and wipe out the pan.

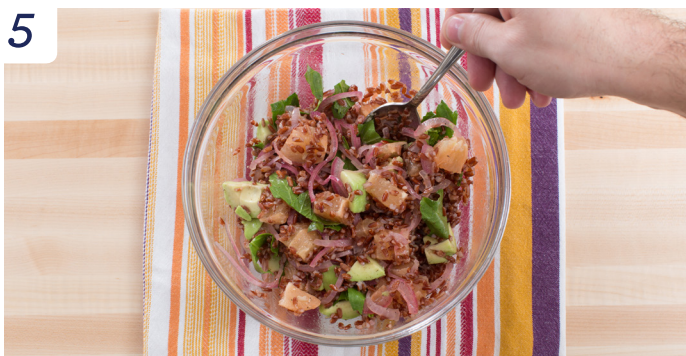
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Cook the cod:

Once the rice has cooked for about 15 minutes, pat the **cod fillets** dry with paper towels; season on both sides with salt, pepper and the **spice blend**. In the same pan used to pickle the onion, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned cod fillets and cook 3 to 4 minutes per side, or until browned and cooked through. Remove from heat and set aside in a warm place.

5



Make the red rice salad:

To the bowl of cooked rice, add the **avocado, grapefruit, pickled onion** (draining just before adding) and **half the epazote** (tearing or roughly chopping the leaves just before adding). Drizzle with olive oil and toss to thoroughly coat; season with salt and pepper to taste.

6



Plate your dish:

Divide the **red rice salad** and **cooked cod** between 2 dishes. Garnish with the **remaining epazote**. Enjoy!