

# Star Anise & Soy-Glazed Cod

*with Gai Lan & Cashew Brown Rice*

Star anise is a potent, one-of-a-kind spice. Native to the region encompassing Northeast Vietnam and Southwest China, it's named for its star-like shape, with each point (or pod) cradling a seed. Star anise isn't related to anise, but the two have a similarly strong, licorice-like sweetness. Here, star anise infuses cod and gai lan, or Chinese broccoli, with warming, complex depth. (Chefs, take note: while star anise pods are incredibly flavorful, they're actually inedible. That's why we're discarding them in Step 5. So be careful not to eat them!)



## Ingredients

- 4 Cod Fillets
- 1 Cup Brown Rice
- 10 Ounces Gai Lan
- 3 Cloves Garlic
- 2 Scallions

## Knick Knacks

- 3 Tablespoons Butter
- 3 Tablespoons Cashews
- 3 Tablespoons Soy Glaze
- 2 Tablespoons Rice Vinegar
- 1 Tablespoon Star Anise Pods
- 1 1-Inch Piece Ginger

Makes 4 Servings

About 515 Calories Per Serving

Prep Time: 10 min | Cook Time: 30 to 40 min





1



## Make the cashew rice:

In a large pot, combine the **rice**, **2 cups of water** and a **big pinch of salt**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Simmer 28 to 30 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and add the **cashews** and **half the butter**; stir to thoroughly combine and season with salt and pepper to taste. Transfer to a serving dish.

2



## Prepare the ingredients:

While the rice cooks, wash and dry the fresh produce. Peel and mince the garlic and ginger. Cut off and discard the root ends of the scallions. Thinly slice the white bottoms of the scallions; cut the green tops into 1-inch pieces. Cut off and discard the bottom inch of the gai lan stems. To make the glaze, in a medium bowl, combine the **vinegar**, **soy glaze**, **star anise pods** and **¼ cup of water**.

3



## Cook the gai lan:

Once the rice has cooked for about 15 minutes, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **garlic**, **ginger** and **white bottoms of the scallions**. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant. Add the **gai lan** and **¼ cup of water**. Cook, stirring frequently, 2 to 4 minutes, or until the gai lan leaves are bright green and wilted. Transfer to a high-sided serving dish and set aside in a warm place. Wipe out the pan.

4



## Start the cod:

While the rice continues to cook, pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. In the pan used to cook the gai lan, heat 1 tablespoon of olive oil on medium until hot. Add the seasoned fillets and cook 2 to 4 minutes on the first side, or until lightly browned. Flip the fillets.

5



## Finish the cod:

Add the **glaze** to the pan of cod. Cook, occasionally spooning the glaze over the fillets, 1 to 2 minutes, or until the liquid has reduced in volume by about half. Stir in the **remaining butter** and cook, continuing to spoon the glaze over the fillets, 1 to 2 minutes, or until the cod is thoroughly coated and cooked through. Remove from heat; carefully discard the **star anise pods**. Transfer the finished cod and glaze to the serving dish of **cooked gai lan**.

6



## Serve your dish:

Garnish the **cooked gai lan** and **finished cod** and **cashew rice** with the **green tops of the scallions**. Enjoy!