

Cod & Tomato Stew

with Garlic Toasts & Aioli

PREP TIME: 10 minutes

COOK TIME: 35-45 minutes

SERVINGS: 4

Bouillabaisse, a seafood stew that hails from the south of France, is the inspiration behind tonight's dish. Our stew starts with a base of onion and aromatic spices (including dried lemon peel), sautéed in the same pan used to cook the cod for deeper flavor. Tender potatoes and datterini tomatoes—a notably sweet, small variety—add plenty of hearty appeal, while a combination of verjus and vinegar lends a refreshing tang to the broth. In a nod to tradition, we're serving crunchy garlic toasts on the side and topping off each bowl with a rich, creamy aioli (which thickens the broth nicely when stirred in).



BLUE APRON WINE PAIRING:

Kôtuku Sauvignon Blanc, 2016

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Ingredients



4
COD FILLETS



2
SMALL
BAGUETTES



1 14-oz can
DATTERINI
TOMATOES



2 cloves
GARLIC



1 lb
RUSSET POTATOES



1
YELLOW ONION

KNICK KNACKS:



2 Tbsp
VERJUS BLANC



1 Tbsp
CHAMPAGNE
VINEGAR



1/2 cup
MAYONNAISE



2 tsp
COD STEW SPICE
BLEND



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1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Cut the baguettes crosswise into ¾-inch-thick slices.
- ☐ Medium dice the potatoes.
- ☐ Peel the garlic; mince 1 clove, leaving the remaining clove whole. Using the flat side of your knife, smash the minced clove until it resembles a paste (or use a zester).
- ☐ Peel and small dice the onion.
- ☐ Place the tomatoes in a bowl; gently break apart with your hands.

2 Cook the potatoes:

- ☐ Add the **potatoes** to the pot of boiling water and cook 9 to 11 minutes, or until slightly tender when pierced with a fork. Drain thoroughly.

3 Start the cod:

- ☐ While the potatoes cook, pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. In a large, high-sided pan (or pot), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Working in 2 batches, add the seasoned fillets and cook 3 to 5 minutes on the first side, or until browned. Flip and cook 1 to 2 minutes, or until lightly browned. Leaving any browned bits (or fond) in the pan, transfer to a paper towel-lined plate.

4 Make the garlic toasts:

- ☐ While the cod cooks, place the **baguettes** on a sheet pan. Drizzle with olive oil and season with salt and pepper. Toss to coat. Arrange in a single, even layer.
- ☐ Toast in the oven 7 to 9 minutes, or until golden brown. Remove from the oven.
- ☐ When cool enough to handle, carefully rub 1 side of each toasted baguette slice with the **whole garlic clove**; discard the clove. Transfer to a serving dish.

5 Make the stew:

- ☐ Add the **onion** and **spice blend** to the pan of reserved fond; season with salt and pepper. (If the pan seems dry, add 1 teaspoon of olive oil). Cook on medium-high, stirring occasionally, 4 to 5 minutes, or until softened.
- ☐ Add the **tomatoes** and **1 ½ cups of water**; season with salt and pepper. Cook, stirring occasionally and scraping up any fond from the bottom of the pan, 6 to 8 minutes, or until slightly thickened.
- ☐ Add the **browned fillets, cooked potatoes, verjus** and **vinegar**; cook, stirring occasionally, 3 to 4 minutes, or until the cod is cooked through.
- ☐ Using 2 forks, break the fillets into small pieces in the pan. Stir to thoroughly combine. Turn off the heat. Season with salt and pepper to taste.

6 Make the aioli & serve your dish:

- ☐ While the stew cooks, in a bowl, combine the **mayonnaise** and **as much of the garlic paste as you'd like**. Season with salt and pepper to taste.
- ☐ Divide the **stew** between 4 bowls. Season with pepper. Top with spoonfuls of the aioli. Serve with the **garlic toasts** on the side. Enjoy!

