

# Southern Italian Cod Stew

with *Pizza Bianca*

**PREP TIME:** 15 minutes

**COOK TIME:** 25-35 minutes

**SERVINGS:** 2

Tonight's meal celebrates the bright, briny flavors of classic southern Italian cooking. Aromatics like garlic, capers and red chile flakes liven up our tomato-based stew, which gets hearty bites from fingerling potatoes and cod. On the side, we're making "pizza bianca," or white pizza: simply pizza dough baked with a drizzle of olive oil for crusty, crispy results—perfect for soaking up the rich stew.



#### BLUE APRON WINE PAIRING:

Feudo Palo Fiano, 2016

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## Ingredients



2  
COD FILLETS



1/2 lb  
PLAIN PIZZA  
DOUGH



6 oz  
FINGERLING  
POTATOES



#### Did You Know?

*Like all potatoes, little fingerlings are native to the Americas.*



1 14-oz can  
WHOLE PEELED  
TOMATOES



2 cloves  
GARLIC

#### KNICK KNACKS:



1 1/2 Tbsp  
CAPERS



1  
SHALLOT



1/4 tsp  
CRUSHED RED  
PEPPER FLAKES



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## 1 Prepare the ingredients:

- ☐ Remove the dough from the refrigerator to bring to room temperature.
- ☐ Preheat the oven to 475°F.
- ☐ Fill a small pot with water and add a **big pinch of salt**; heat to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Cut the potatoes into 1/2-inch-thick rounds.
- ☐ Peel and thinly slice the shallot.
- ☐ Peel and roughly chop the garlic.
- ☐ Place the tomatoes in a bowl; gently break apart with your hands.
- ☐ Pat the cod dry with paper towels. Cut each fillet into 6 equal-sized pieces; transfer to a medium bowl. Thoroughly wash your hands, knife and cutting board immediately after handling the cod.



## 2 Make the pizza bianca:

- ☐ Lightly oil a sheet pan. On a clean, dry work surface, using your hands and a rolling pin (or a wine bottle), gently stretch and roll the **dough** to a 1/4-inch thickness. (If the dough is resistant, let rest for 5 minutes.)
- ☐ Carefully transfer to the prepared sheet pan; rub the dough into the pan to coat the bottom in oil. Drizzle with olive oil.
- ☐ Bake 12 to 14 minutes, or until golden brown. Remove from the oven and set aside in a warm place.

## 3 Cook the potatoes:

- ☐ While the pizza bianca bakes, add the **potatoes** to the pot of boiling water. Cook 9 to 11 minutes, or until slightly tender when pierced with a fork. Drain thoroughly.

## 4 Start the stew:

- ☐ While the potatoes cook, in a large, high-sided pan (or pot), heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the **shallot** and **garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant.
- ☐ Add the **capers** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add the **tomatoes** and 1/2 **cup of water**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until slightly reduced in volume. Turn off the heat.

## 5 Finish the stew:

- ☐ Season the **cod** with salt and pepper; gently toss to coat.
- ☐ Add the seasoned cod and **cooked potatoes** to the pan of **stew**. Cook on medium-high, stirring occasionally, 5 to 7 minutes, or until slightly thickened and the cod is cooked through. Turn off the heat; season with salt and pepper to taste.

## 6 Finish & plate your dish:

- ☐ Transfer the **pizza bianca** to a cutting board; cut into 6 equal-sized pieces. Season with salt and pepper to taste.
- ☐ Divide the **finished stew** between 2 bowls. Top with a drizzle of olive oil. Serve with the pizza bianca on the side. Enjoy!

