

Pan-Seared Cod

with Pickled Grapes & Summer Succotash

Succotash, a Northeastern seasonal favorite, is steeped in tradition. Originally a Native American dish from the land that is present-day Rhode Island, the Narragansett tribe named it *sohquittahhash* (meaning “cooked corn kernels”). The versions that evolved from it still feature corn, but also use other late summer vegetables, including tender green beans and bright tomatoes.



Ingredients

- 2 Cloves Garlic
- 1 Bunch Tarragon
- 1 Ear of Corn
- 1 Tomato
- 1 Shallot
- ¼ Pound Green Beans
- ¼ Pound Red Seedless Grapes
- 2 Tablespoon White Wine Vinegar
- 1 Tablespoon Sugar
- 2 Cod Fillets
- ½ Cup Rice Flour

Makes 2 Servings

About 500 Calories Per Serving



Instructions

1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and mince the garlic. Pick the tarragon leaves off the stems; discard the stems and roughly chop the leaves. Remove the husks and silks from the corn. Cut the kernels off the cob; discard the cob. Large dice the tomato. Peel and thinly slice the shallot. Trim off and discard the stem ends of the green beans; cut the green beans into 1-inch pieces.

2



Pickle the grapes:

Pick the **grapes** off the stems; discard the stems and thinly slice the grapes. In a small bowl, stir together the **white wine vinegar**, **sugar**, and a pinch of salt until the sugar is almost dissolved. Add the **sliced grapes** and set aside.

3



Make the succotash:

In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **shallot** and **garlic** and cook, stirring frequently, 30 seconds to 1 minute, or until softened and fragrant. Stir in the **corn** and **green beans** and season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the beans have turned bright green. Add the **tomato** and cook, stirring occasionally, 30 seconds to 1 minute, or until just softened. Transfer the succotash to a plate and set aside. Wipe out the pan.

4



Cook the fish:

Place the **rice flour** in a shallow dish. Season the **cod fillets** with salt and pepper on both sides; thoroughly coat each in the rice flour, tapping off any excess. In the same pan used to cook the succotash, heat 2 teaspoons of olive oil on medium-high until hot. Add the **coated fish** and cook 3 to 4 minutes per side, or until cooked through. Transfer the cooked fish to a paper towel-lined plate; season with salt and pepper immediately.

5



Finish & plate your dish:

Add **half the tarragon** to the pickled grapes. Divide the **succotash** and **cooked fish** between 2 plates. Spoon **half the pickled grapes** over each piece of fish, leaving most of the pickling liquid behind. Garnish with the **remaining tarragon**. Enjoy!