

Pan-Seared Cod

with Pickled Grapes & Summer Succotash

Succotash is a Native American dish from the Northeastern U.S. A combination of sweet corn, hearty summer beans and juicy tomato, it's prized for its simple, delicious flavors. In our version, we're topping the succotash with flaky, pan-seared cod fillets and a uniquely tasty delicacy: pickled grapes. Tart and sweet in equal measure, the pickled grapes make a cooling, juicy topping for the mild, tender cod. And to complete the flavor profile, we're infusing the dish with complex, herbaceous tarragon.



Ingredients

- 2 Cod Fillets
- 2 Cloves Garlic
- 1 Ear Of Corn
- 1 Shallot
- 1 Tomato
- ¼ Pound Green Beans
- ¼ Pound Red Seedless Grapes
- 1 Bunch Tarragon

Knick Knacks

- 2 Tablespoons White Wine Vinegar
- 1 Tablespoon Sugar
- ½ Cup Rice Flour

Makes 2 Servings

About 500 Calories Per Serving

Prep Time: 15 min | Cook Time: 15 to 25 min



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 and discard the husks and silks of the corn. Cut the corn kernels off the cob; discard the cob. Core and 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, combine the **vinegar**, **sugar** and a **big pinch of salt**. Stir until thoroughly combined and the sugar has dissolved. Add the **sliced grapes**. Set aside to pickle, stirring occasionally, for at least 10 minutes.

3



Make the succotash:

While the grapes pickle, in a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **shallot** and **garlic**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until softened and fragrant. Stir in the **corn** and **green beans**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the green beans are bright green. Add the **tomato**; season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until slightly softened. Transfer to a plate. Wipe out the pan.

4



Coat & cook the cod:

While the grapes continue to pickle, place the **rice flour** on a plate. Pat the **cod** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat in the rice flour (tapping off any excess). In the pan used to make the succotash, heat 2 teaspoons of olive oil on medium-high until hot. Add the **coated cod** and cook 3 to 4 minutes per side, or until golden brown and cooked through. Transfer to a paper towel-lined plate; immediately season with salt and pepper.

5



Finish & plate your dish:

Add **half the tarragon** to the bowl of pickled grapes; stir to combine. Divide the **succotash** and **cooked cod** between 2 plates. Spoon half the **pickled grapes** and as much of the **pickling liquid** as you'd like over each cod fillet. Garnish with the **remaining tarragon**. Enjoy!