

Seared Cod Piperade

with Roasted Blue Potatoes & Parsley-Almond Sauce

The Basque region on the French-Spanish border has a deeply-rooted culinary history. Situated between the natural bounty of the Atlantic and incredibly fertile valleys to the east, the Basque region's cuisine is a unique mix of bold flavors, fresh seafood and seasonal produce. We're on board with that. Here, you'll be making piperade, a traditional, late-summer Basque dish, and serving it up with tender, flaky, seared cod.



Ingredients

- 2 Cod Fillets
- 10 Ounces Blue Potatoes
- 1 Red Bell Pepper
- 1 Heirloom Pepper
- 1 Large Bunch Parsley
- 1 Yellow Onion
- 3 Cloves Garlic

Knick Knacks

- 2 Tablespoons Marcona Almonds
- 2 Tablespoons Sherry Vinegar
- 2 Tablespoons Tomato Paste
- 1 Teaspoon Piment d'Espelette

Makes 2 Servings

About 575 Calories Per Serving



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Cut the potatoes into bite-sized pieces. Peel and thinly slice the garlic. Finely chop the almonds. Remove and discard the stems, seeds and ribs of both the bell and heirloom peppers; thinly slice the peppers. Pick the parsley leaves off the stems; discard the stems and finely chop the leaves. Peel and thinly slice the onion.

2



Roast the potatoes:

Place the **potatoes** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single layer and roast in the oven 24 to 26 minutes, or until browned and tender when pierced with a knife. Remove from the oven and set aside as you continue cooking.

3



Start the piperade:

While the potatoes roast, in a medium pot, heat 2 teaspoons of olive oil on medium until hot. Add the **peppers, onion and garlic**; season with salt and pepper. Cook, stirring occasionally, 14 to 16 minutes, or until the vegetables have softened.

4



Toast the almonds & make the sauce:

While the piperade cooks, heat a medium, dry pan (nonstick, if you have one), on medium-high until hot. Add the **Marcona almonds** and toast, stirring occasionally, 2 to 3 minutes, or until fragrant. Transfer the **toasted almonds** to a medium bowl. Stir in the **chopped parsley** and enough olive oil to create a rough paste. Season with salt and pepper to taste; stir in a **splash of sherry vinegar**. Wipe out the pan used to toast the almonds.

5



Finish the piperade:

Increase the heat under the piperade to medium-high. Add the **tomato paste** and cook, stirring frequently, 3 to 4 minutes, or until fragrant and dark red in color. Add the **remaining sherry vinegar** and **¼ cup of water**. Cook, stirring frequently, 30 to 45 seconds, or until the liquid is absorbed. Remove from heat and season with salt and pepper to taste. Set aside in a warm place as you continue cooking.

6



Cook the fish & plate your dish:

Pat the **cod fillets** dry; season both sides with salt and pepper and **all but a pinch of the piment d'Espelette**. In the same pan used to toast the nuts, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned cod and cook 4 to 6 minutes per side, or until cooked through. To plate your dish, divide the cod, roasted potatoes and piperade between 2 plates. Top with the **parsley-almond sauce**. Garnish with the **remaining piment d'Espelette**. Enjoy!