

Cod with Clams, Peas and Parsley

REF:

Serves 4 (Main dish)

Cuisine: Spanish

Preparation Time: 5 Minutes

Cooking Time: 20 Minutes

Ingredients:

1 kg Cod Fillet (skin on and boned) portions
2 bags Clams (Palourde clams are easy to get), Cleaned and soaked in water
5 cloves Garlic, thinly sliced or chopped
50 ml White wine
200 ml Fish stock
100 g Frozen peas or petit pois
1 tsp Plain flour
1 Small bunch of flat leaf parsley, finely chopped
100 ml Olive oil
Lemon juice
Sea salt
Freshly ground black pepper

Method:

1. Put the olive oil and garlic in a large frying pan and place over a medium heat. Fry from cold in order to get the garlic infused into the oil.
2. When the garlic becomes golden, add the flour and toss it for a minute before adding the wine, stirring constantly.
3. Add the fish stock, little at a time and stirring until you get a smooth sauce.
4. Add the chopped parsley and peas and bring to the boil.
5. Season the pieces of cod into the pan, skin-side down and reduce to a low heat.
6. Add the clams
7. Cook the fillets for 3 minutes, shaking the pan gently to release the juices from the fish.
8. Turn the fillets over and cook for a further 4 minutes

To Serve:

Squeeze lemon juice over and transfer to a plate or bowl to serve.

Chef's Notes:

All the clam shells need to be open. Discard any that are not.