

COD WITH RADICCHIO AND SMASHED POTATOES

4 PIECES OF COD, ABOUT ½ POUND EACH
(PREFERABLY WITH SKIN ON ONE SIDE)
2 SMALL HEADS OF RADICCHIO OR 1 POUND OF TREVISO
GARLIC
WHITE SOY SAUCE

8 MEDIUM FINGERLING POTATOES
CRÈME FRAÎCHE
FRESH TARRAGON
FRESH CHIVES

PLACE POTATOES IN A SMALL SAUCEPOT AND COVER WITH WATER BY 3 INCHES. BRING TO A BOIL, REDUCE TO A SIMMER. SALT GENEROUSLY. COOK 8-10 MINUTES OR UNTIL THE POTATOES ARE EASILY PIERCED WITH A SHARP KNIFE.

MEANWHILE, TRIM AND PEEL SIX LARGE CLOVES OF GARLIC.

CUT THE RADICCHIO LENGTHWISE IN QUARTERS. CUT OUT WHITE CORE. ROUGHLY SEPARATE LEAVES. (IF USING TREVISO, TRIM THE STEMS.)

HEAT 4 TBSPS OF OLIVE OIL IN A FRYING PAN. ADD THE SLICED GARLIC AND COOK TILL YOU SMELL THE GARLIC.

ADD THE RADICCHIO AND TURN IN THE PAN WITH THE GARLIC. YOU MAY HAVE TO ADD A HANDFUL AT A TIME UNTIL THE RADICCHIO WILTS ENOUGH TO ALLOW YOU ENOUGH ROOM.

COOK FOR 5-7 MINUTES UNTIL THE RADICCHIO HAS WILTED. SALT AND PEPPER. POUR IN ¼ CUP OF WHITE SOY SAUCE AND CONTINUE TO TURN THE RADICCHIO FOR 2 MINUTES.

PRE-HEAT A FRYING PAN FOR 3 MINUTES ON HIGH HEAT. DRY THE COD THOROUGHLY WITH PAPER TOWELS. SALT AND PEPPER.

ADD 4 TBSPS OF CANOLA OIL TO THE PAN. HEAT FOR ANOTHER MINUTE, THEN SLIDE IN THE FILLETS, SKIN SIDE DOWN, MOVING THEM AROUND IN THE PAN SO THEY DON'T STICK. COOK FOR A COUPLE OF MINUTES ON MEDIUM HEAT, SHAKING THE PAN SO THE SKINS BROWN.

REDUCE HEAT TO LOW. COOK A TOTAL OF ABOUT 4 MINUTES. ADD 3 TBSPS OF BUTTER AND COVER THE PAN. CONTINUE TO

COOK FOR ANOTHER FEW MINUTES, BASTING THE COD WITH BUTTER. THE FISH IS DONE WHEN A SHARP KNIFE INSERTED IN THE CENTER FEELS WARM WHEN TOUCHED TO YOUR LOWER LIP.

DRAIN WATER FROM POTATOES. CRUSH ROUGHLY WITH A FORK. SALT AND PEPPER. ADD 1/2 CUP OF CRÈME FRAÎCHE, CHOPPED TARRAGON AND CHIVES. CRUSH WITH THE POTATOES. SPOON INTO A SERVING BOWL.

DIVIDE THE RADICCHIO INTO FOUR PORTIONS ON SEPARATE PLATES. PLACE A COD FILLET ON THE RADICCHIO AND SERVE WITH POTATOES.

SERVES 4