

## COD WITH ZUCCHINI AND TOMATOES

4 PIECES OF COD WITH SKIN ON ONE SIDE  
6 SMALL ZUCCHINI  
18 CHERRY TOMATOES  
4 CLOVES OF GARLIC  
1 LEMON  
FRESH PARSLEY AND CHIVES

SOAK THE ZUCCHINI IN A SINK FULL OF COLD WATER FOR 15 MINUTES, THEN SCRUB WITH A VEGETABLE BRUSH.

TRIM BOTH ENDS THEN CUT LENGTHWISE IN QUARTERS, THEN CROSSWISE INTO 3-INCH BATONS. TOSS IN A COLANDER WITH SOME SEA SALT AND ALLOW TO SIT FOR 30 MINUTES. RINSE OFF AND ROLL IN TEA TOWEL TO DRY.

TRIM AND PEEL GARLIC CLOVES. SLICE INTO THIN SLIVERS.

CUT CHERRY TOMATOES IN HALF.

USING A MICROPLANE, GRATE THE RIND OF ONE LEMON AND RESERVE.

HEAT 1/3 CUP OF OLIVE OIL IN A MEDIUM SAUTÉ PAN. WHEN THE OIL IS SMOKING, ADD THE ZUCCHINI AND BROWN LIGHTLY ON CUT SIDES.

LOWER THE HEAT TO MEDIUM AND ADD THE GARLIC AND TOMATOES. SHAKE THE PAN TILL THE TOMATOES START TO BREAK DOWN AND THE GARLIC HAS SOFTENED. TURN OFF THE HEAT.

IN A FRYING PAN LARGE ENOUGH TO COOK THE FISH WITHOUT CROWDING, HEAT 1/4 CUP OF GRAPE SEED OIL OVER HIGH HEAT.

DRY THE FISH BETWEEN PAPER TOWELS. SALT AND PEPPER AND LAY SKIN SIDE DOWN IN THE PAN. SHAKE THE PAN TO MAKE SURE THE COD DOESN'T STICK.

COOK FOR TWO MINUTES ON HIGH HEAT TO BROWN THE SKIN. LOWER THE HEAT TO MEDIUM AND COVER THE PAN. COOK FOR ANOTHER THREE MINUTES OR UNTIL A KNIFE INSERTED IN THE CENTER OF THE FILLET IS WARM WHEN TOUCHED TO YOUR BOTTOM LIP.

ADD 2 TBPS OF BUTTER AND THE LEMON ZEST TO THE PAN. WHEN BUTTER MELTS, TURN OFF THE HEAT AND BASTE FISH FOR A MINUTE. REMOVE TO A WARM PLATE.

ADD 1/2 CUP OF WATER TO THE PAN AND OVER HIGH HEAT, SCRAPE UP THE BROWNEED BITS AND REDUCE THE LIQUID TO A FEW TABLESPOONS. TO FINISH, TURN OFF HEAT, SWIRL IN A FEW BITS OF BUTTER.

RE-HEAT ZUCCHINI. SPOON ONTO INDIVIDUAL PLATES WITH A PIECE OF COD. GARNISH WITH FRESHLY CHOPPED CHIVES AND PARSLEY.

SERVES 4