

LING COD WITH POTATO SALAD

4 COD FILLETS (ABOUT 1/2 LB EACH) WITH SKIN ON ONE SIDE
2 LBS OF MEDIUM-SIZED FINGERLING POTATOES
GRAINY MUSTARD
CIDER VINEGAR
HAZELNUT OR WALNUT OIL
OLIVE OIL
FRESH CHIVES
LEMON

BRING A POT OF WATER TO A BOIL AND SALT GENEROUSLY.

MEANWHILE, PEEL THE POTATOES. BOIL POTATOES UNTIL THEY ARE EASILY PIERCED WITH A SHARP KNIFE.

PUT A GENEROUS PINCH OF SEA SALT AND SEVERAL GRINDINGS OF BLACK PEPPER IN THE BOTTOM OF A SERVING BOWL. POUR IN 2 TBSPS OF CIDER VINEGAR AND WHISK TO DISSOLVE SALT AND PEPPER.

WHISK IN 3 TBSPS OF GRAINY MUSTARD. WHISK IN 4 TBSPS OF NUT OIL, THEN ABOUT 1/3 CUP OF OLIVE OIL.

WHEN THE POTATOES ARE DONE, PLACE THEM IN THE BOWL AND ROLL AROUND TO COAT WITH THE DRESSING AS THEY COOL. WHEN THEY ARE COOL ENOUGH TO HANDLE, CUT INTO THICK SLICES AND GENTLY TOSS TO COAT.

HEAT A LARGE SKILLET OVER HIGH HEAT. DRY THE FISH THOROUGHLY WITH PAPER TOWELS. SALT AND PEPPER. PUT 1/3 CUP OF GRAPESEED OIL IN THE PAN.

PLACE THE FILLETS IN THE PAN, SKIN SIDE DOWN, AND SHAKE GENTLY TO PREVENT FROM STICKING. REDUCE THE HEAT TO MEDIUM AND COOK FOR 2 MINUTES.

COVER, LOWER THE HEAT, AND COOK FOR ANOTHER 3 MINUTES. THE FILLETS ARE DONE WHEN THE BLADE OF A KNIFE INSERTED IN THE CENTER FEELS WARM WHEN TOUCHED TO YOUR LOWER LIP. TURN OFF THE HEAT. UNCOVER AND ADD 2 TBSPS OF BUTTER. BASTE WITH BUTTER FOR A MINUTE OR SO.

SERVE COD ON INDIVIDUAL PLATES WITH POTATO SALAD. GARNISH WITH LEMON WEDGES AND CHOPPED CHIVES.

SERVES 4

