

LING COD ON ORZO WITH PRESERVED LEMON

4 HALF-POUND PIECES OF LING COD, SKIN ON
1 PRESERVED LEMON
1 CUP OF ORZO PASTA
FRESH CHIVES
FRESH PARSLEY OR CHERVIL

LET THE COD GET TO ROOM TEMPERATURE. DRY THOROUGHLY WITH PAPER TOWELS.

BRING A LARGE SAUCEPAN OF WATER TO BOIL. SALT GENEROUSLY.

REMOVE THE PULP FROM ONE PRESERVED LEMON. CHOP RIND INTO SMALL DICE.

POUR THE ORZO INTO THE SAUCEPAN.

HEAT A LARGE FRYING PAN ON A HIGH FLAME FOR ABOUT A MINUTE. POUR IN 4 TBSPS OF GRAPE SEED OR CANOLA OIL.

WHEN THE OIL SHIMMERS, DRY THE SKIN ON THE FISH ONE LAST TIME, QUICKLY SALT AND PEPPER AND LAY CAREFULLY IN THE PAN. SHAKE THE PAN TO MAKE SURE THE COD ISN'T STICKING.

COOK FOR 3 MINUTES ON HIGH HEAT OR UNTIL THE SKIN IS CRISP AND BROWN. TURN THE COD, LOWER THE HEAT TO MEDIUM/LOW. COVER.

COOK ANOTHER 3 MINUTES OR UNTIL A SHARP KNIFE INSERTED IN THE CENTER OF THE FISH FEELS WARM ON YOUR LOWER LIP.

REMOVE LID. ADD 3 TBSPS BUTTER TO THE PAN. TURN OFF HEAT. BASTE FOR A MINUTE OR SO WITH BUTTER AND PAN DRIPPINGS.

MEANWHILE, WHEN THE ORZO IS DONE, DRAIN IN A STRAINER. ADD A SPLASH OF FRUITY OLIVE OIL AND 1 TBSP OF BUTTER TO THE EMPTY SAUCEPAN.

RETURN ORZO TO THE SAUCEPAN. STIR TO COAT WITH BUTTER AND OLIVE OIL. SALT AND PEPPER TO TASTE. ADD CHOPPED PRESERVED LEMON, CHOPPED CHIVES AND PARSLEY OR CHERVIL.

DIVIDE ORZO ON INDIVIDUAL PLATES AND TOP WITH COD.

SERVES 4