



Julia's Cuisine

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Main Course/Fish and Seafood

Webpage:
<http://www.juliascuisine.com/>

Cod Piccada with Sautéed Brussel Sprouts

Serves 2
Prep time: 15 minutes
Cook time: 25 minutes

Ingredients

1 Cod fillet (enough for 2 people, approximately, 1lb/500 grams)
Juice of two lemons
2 Tablespoon plus 1/2 teaspoon butter
1 Tablespoon capers, crushed
2 Garlic cloves
1 Tablespoon olive oil
Small bunch fresh parsley, finely chopped
1 Teaspoon sugar
1/2 Teaspoon corn flour
1 Teaspoon water
Salt
Pepper

For the Brussel sprouts:

2 Cups/200 grams fresh brussel sprouts, trimmed and thinly sliced
1 Tablespoon olive oil
2 Garlic cloves, crushed
Salt to season

Method

Preheat oven to 350 degrees F. Put the cod fillet in a baking dish and drizzle over the olive oil. Season with salt and pepper. Bake for 25 minutes or until it's completely white and flakes apart.

In a small saucepan set over medium heat add 1/2 teaspoon of the butter until it melts. Pour in the lemon juice, add the capers and the sugar. Bring to a simmer and let reduce for about 10 minutes. Remove from heat and add remaining 2 tablespoon of butter, garlic and parsley. Stir until the butter melts. Return to heat for just a minute and pour in the cornstarch mixture until it thickens. Remove from heat and season with a little salt and pepper to taste.

In a medium skillet set over medium to high heat, add the olive oil, garlic and brussel sprouts. Stir for a minute and let them cook until softened, about 5-8 minutes. Season with salt and remove from heat.

Serve the cod on top of the brussel sprouts and pour over the sauce. Serve immediately.