

Spanish-style Black Cod with Cockles and Beans

SEAFOOD FEATURED: BLACK COD/SABLEFISH

INGREDIENTS	INSTRUCTIONS
<p>Serves 4</p> <p>Spanish-style black cod</p> <ul style="list-style-type: none">• 3 Tbsp. extra virgin olive oil• 3 garlic cloves, thinly sliced• 1 cup cooked beans• 1 cup halved cherry tomatoes• Kosher salt and pepper• 1 bottle clam juice (8 oz)• ¼ tsp pimentón (smoked paprika)• 2 black cod fillets (6 oz each)• 8 ounces cockles, scrubbed• 1 Tbsp. unsalted butter• 1 Tbsp. fresh lemon juice• 2 Tbsp. chopped parsley	<ul style="list-style-type: none">– Heat 2 tablespoons of the oil in a large saucepan over medium.– Add garlic and cook, stirring, until fragrant (1 minute).– Stir in beans and tomatoes and season with salt and pepper. Cook, stirring occasionally, until tomatoes soften (about 3 minutes).– Stir in clam juice and pimentón and bring to a boil.– Coat black cod with the remaining 1 tablespoon of oil and season with salt and pepper. Place fish in pan, cover and simmer over medium heat for 5 minutes.– Add cockles, cover and cook until cockles open and fish is cooked through (about 3 minutes longer).– Transfer fish to 2 shallow bowls.– To pan, add butter, lemon juice and parsley and mix well.– Spoon cockles and sauce over fish.

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