

Ling Cod with Creamy Parmesan Polenta paired with Davis Estates Merlot

INGREDIENTS:

Ling Cod

2 teaspoons olive oil
2 teaspoons butter
4 (5-ounce) Ling cod fillets, or other mild white fish
2 cloves garlic minced
¾ cup diced onion
½ cup dry vermouth
1 cup canned diced tomatoes, with juice
¼ cup chopped pitted kalamata olives
¼ cup chopped pitted green olives
2 tablespoons capers
Pinch of dried crushed red pepper
2 cups packed fresh baby spinach leaves

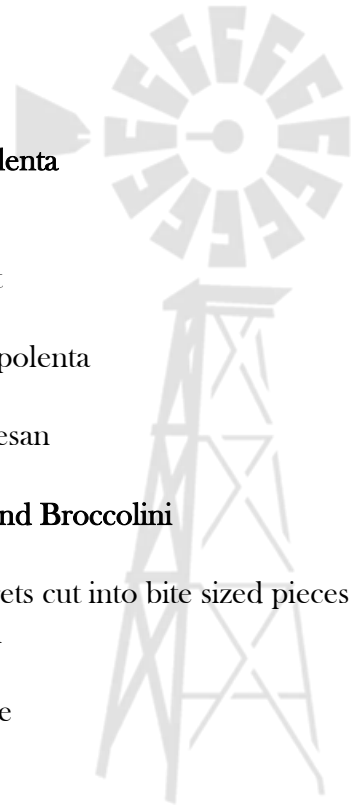
SERVES: 4

Creamy Parmesan Polenta

2 ¾ cups water
1 cup heavy cream
1 teaspoon kosher salt
Pinch baking soda
¾ cup course ground polenta
1 tablespoon butter
2 ounces grated parmesan

Roasted Cauliflower and Broccolini

2 bunches broccolini
4 cups cauliflower florets cut into bite sized pieces
2 tablespoons olive oil
1 clove garlic minced
salt and pepper to taste



METHOD:

Ling Cod

- Season fish with salt and pepper. In a large nonstick skillet, heat oil over a medium-high heat.
- Add butter let melt, then add fish and cook until opaque in the center, about 2 1/2 minutes per side.
- Transfer the fish to a platter and tent with foil to keep the fish warm.
- If needed add oil in the same skillet; add onion and garlic and sauté for 2 minutes.
- Add the vermouth and cook until reduced by half, about 2-3 minutes.
- Add the tomatoes, olives and capers and crushed red pepper, and cook for 3 minutes more.
- Stir in the spinach and cook until it is just wilted. Adjust seasonings if needed.
- Spoon the sauce over the fish

Creamy Parmesan Polenta

- Bring water and cream to boil. Watch closely as it will boil over if unattended. In heavy-bottomed 4-quart saucepan over medium-high heat.
- Stir in salt and baking soda. Slowly pour polenta into water in a steady stream, while stirring back and forth with wooden spoon or rubber spatula.
- Bring mixture to boil, stirring constantly, about 1 minute. Reduce heat to lowest possible setting and cover for 5 minutes. Whisk polenta to smooth out any lumps that may have formed, about 15 seconds. Make sure to scrape down sides and bottom of pan.

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- Cover and continue to cook, without stirring, until grains of polenta are tender but slightly al dente, about 25 minutes longer. Polenta should be loose and barely hold its shape but will continue to thicken as it cools.
- Remove from heat, stir in butter and Parmesan, and season to taste with black pepper. Let stand, covered for 5 minutes.

Roasted Cauliflower and Broccolini

- Preheat oven to 400°F. In a large bowl toss broccolini and cauliflower with olive oil and garlic. Season with salt and pepper.
- Roast 10 minutes, stir and roast an additional 5-10 minutes or until vegetables are just al dente.

To Finish

On a warm plate, spread a generous amount of Creamy Parmesan Polenta. Place the Ling Cod on top. Garnish with a spoonful of Roasted Cauliflower and Broccolini on the side. Serve immediately with a glass of Merlot.