

# MARINATED BLACK COD WITH BABY BOK CHOY

I love black cod. It's a very rich, buttery flavored fish that can really stand up to a good marinade. It's got a bit of a fatty texture and doesn't taste too "fishy," so even those that might not love seafood might be persuaded to give it a try. And with this miso based marinade and some sautéed bok choy, it's hard to go wrong.

## **INGREDIENTS** (serves 2)

1 lb Black Cod, cut into four pieces

2 tablespoons oil

scallions, chopped for garnish

fried onions, for garnish

## **MARINADE FOR FISH**

$\frac{1}{4}$  cup miso paste

2 tablespoons sugar

2 tablespoons mirin

2 tablespoons sake

1 tablespoon water

1 tablespoon lemon juice

$\frac{1}{2}$  teaspoon fish sauce

## **BOK CHOY**

1 tablespoon soy sauce

1 tablespoon water

1 tablespoon sake

1 tablespoon mirin

$\frac{1}{2}$  teaspoon fish sauce

1 garlic clove, thinly sliced

$\frac{1}{4}$  teaspoon red pepper flakes

1 tablespoon olive oil

2 cups baby bok choy, chopped

salt and pepper to taste

### **PREPARATION**

In a small bowl, combine the marinade ingredients. Whisk together until smooth.

Place fish and marinade in Ziploc bag and massage marinade around fish. Marinate overnight.

The next day, combine soy sauce, water, sake, mirin, fish sauce, garlic, and red pepper flakes in a small bowl.

Heat the olive oil in a large skillet over medium heat. Add the bok choy to the pan, season with salt and pepper, and sauté for 2 minutes. Pour the sauce on top and gently combine with bok choy. Continue to sauté for an additional minute or two until bok choy is tender. Cover to keep warm and set aside.

Remove fish from Ziploc bag and place pieces on a plate. Pour the marinade in a bowl.

Oil the grill grates if cooking outside or heat a grill pan on a medium high flame.

Place the fish on the grill skin side up, and lightly brush with some of the marinade. Grill for 4 minutes. Flip over, brush some of the marinade on the fish and continue to grill for another 4 minutes.

To serve, place the bok choy on the base of a plate and place a piece of the cod on top. Garnish with scallions and fried onions.

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## **GRILLED GREEN BEANS WITH WHIPPED RICOTTA**

I love grilling summer vegetables, but I'm always looking for a way to dress them up. This simple whipped ricotta dish takes advantage of my garden herbs and is great as a topping to grilled green beans. But, make more ricotta than you need, because it's great on grilled bread or as a dip.

### **FOR THE WHIPPED RICOTTA**

1 cup whole milk ricotta

1 teaspoon fresh chives, chopped

1 teaspoon fresh parsley, chopped

1 teaspoon fresh basil, chopped

1 teaspoon lemon zest

1 tablespoon olive oil

3 tablespoons fig jam

salt and pepper to taste

balsamic glaze for garnish

## **FOR THE GRILLED GREEN BEANS**

1 pound French green beans

2 tablespoons olive oil

salt and pepper to taste

balsamic glaze for garnish

### **PREPARATION**

Using an electric mixer with whisk attachment, whip the ricotta for about two minutes until smooth. Set aside.

In a separate small bowl, combine the herbs, lemon zest, olive oil, fig jam, and salt and pepper. Set aside.

Toss green beans with olive oil and salt and pepper. Place on a heated grill or on a grill pan and cook until they just beginning to char, about ten minutes. Turn beans halfway through to get grill marks on both sides.

TO PLATE: Place the green beans on a platter or plate. Make a well in the middle for a small bowl. Spoon the ricotta into the small bowl. Spoon out the olive oil/herb mixture on top of the ricotta. Drizzle with balsamic glaze.

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# **JULY 4th LEFTOVER FRANKS & BEANS**

Once your big 4th of July party is over, you might need a few ideas for how to use all of those leftovers. Here's an idea

for franks and beans – a dish my dad loved. You could also add some hamburger too, just chop it up.

### **INGREDIENTS**

2 teaspoons butter

$\frac{1}{2}$  onion, chopped

1 clove garlic, minced

$\frac{1}{2}$  teaspoon red pepper flakes

2 cups baked beans

8 franks, sliced

$\frac{1}{3}$  cup brown sugar

1 teaspoon honey

1 teaspoon Dijon mustard

salt and pepper to taste

### **PREPARATION**

Melt butter in a skillet. Add onions and sauté until caramelized, about 8 minutes. Add garlic and red pepper flakes and sauté one more minute.

In a small bowl, combine brown sugar, honey and Dijon mustard. Add franks, beans, and honey mixture to skillet and mix together. Season with salt and pepper to taste.

Place all contents of the skillet into a buttered casserole dish. Bake uncovered for 30 minutes. Stir mid-way through.