

INDIAN SPICED COD

After having a blow-out weekend of way too much food and wine, I wanted to dial it back for dinner tonight. I always put fish in the “not evil” category, but my husband and I have very different preferences when it comes to fish. I’m not a huge fan of firm white fish—which he likes—but if you mask it with enough flavors, then I can be persuaded. This dish seemed to do the trick. It was a winner for both of us.

INGREDIENTS (serves 4)

FOR MARINADE

1 $\frac{1}{2}$ pound cod (or other firm white fish), cut into 1” cubes

$\frac{1}{4}$ cup olive oil

$\frac{1}{4}$ cup full-fat Greek yogurt

2 teaspoons garam masala

1 teaspoon red pepper flakes

1 teaspoon freshly grated ginger

1 teaspoon freshly grated garlic

1 teaspoon ground coriander

$\frac{1}{2}$ teaspoon ground turmeric

$\frac{1}{8}$ teaspoon ground cumin

Salt and pepper to taste

FOR VEGETABLES

$\frac{1}{4}$ cup olive oil

6 small potatoes, cut in half

1 red pepper, cut into wide strips

1 onion, sliced wide

Salt and pepper to taste

FOR RAITA

1 cup Greek yogurt

1 tablespoon olive oil

1 cup cucumber, small dice

1 teaspoon fresh garlic, minced

$\frac{1}{4}$ teaspoon salt

1 tablespoon freshly chopped chives, plus 1 teaspoon for garnish

Zest of one lemon

PREPARATION

Pre-heat oven to 400.

In a large bowl, combine olive oil, yogurt, garam masala, red pepper flakes, ginger, garlic, coriander, turmeric, cumin, salt and pepper. Mix until smooth and the spices are well incorporated. Add the fish cubes, and gently fold into yogurt mixture. Cover with clear wrap and refrigerate for 2-4 hours.

In a small bowl, combine all the raita ingredients and mix well. Cover with clear wrap and place in the refrigerator.

In another large bowl, combine the potatoes, red pepper, and onion. Drizzle on the remaining $\frac{1}{4}$ cup of olive oil and season with salt and pepper. Fold to combine.

Line a sheet pan with aluminum foil. Spread out vegetables on top and place in oven for 30 minutes. Remove fish from fridge and place on counter to come to room temp.

After 30 minutes, remove pan from oven and flip vegetables. Place pan back in oven for 15 minutes.

Line a sheet pan with aluminum foil. Spread out fish and marinade on pan and bake for 15 minutes. Continue to bake vegetables on lower level.

(NOTE: Total bake time for vegetables is 60 minutes. Total bake time for fish is 15 minutes.)

Remove both pans from oven. To serve, place vegetables on center of plate and then place pieces of fish on top.

Place a dollop or two of the raita on top. Garnish with chopped chives.