

# Poached Cod in Tomato Saffron Broth

Culinary Medicine, Nutrition Services

Serves: 4, Serving Size: 5 oz fish

Equipment: cutting board, knife, skillet with lid, spoon, can opener

## Ingredients

2 tablespoons extra virgin olive oil	1/4 cup dry white wine
4 cloves garlic, thinly sliced	1/4 cup parsley, chopped
2 cups chopped fennel (1 large or 2 small bulbs)	2 bay leaves
1 teaspoon hot pepper flakes (optional)	Pinch of saffron threads
1 can (14.5 ounce) whole peeled tomatoes	1/2 cup sliced Kalamata olives
	4 skinless cod filets, 5 ounces

## Instructions

1. Heat oil in a medium skillet over medium heat. Add garlic, fennel, and hot pepper flakes and cook, stirring often until fragrant (garlic should not take any color), about 3 minutes.
2. Add tomatoes, crushing them with your hands as you add them; also adding wine, parsley, bay leaves, saffron, Kalamata olives, and 1/2 cup water. Bring to a boil, reduce heat and simmer for 10 to 15 minutes. Season with salt and pepper.
3. Reduce heat to a medium low. Season cod with salt and pepper and place in simmering broth. Cover and cook at a bare simmer until cod is opaque throughout and beginning to flake, about 5 to 7 minutes (thicker pieces may take longer).



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## Why We Like This Recipe

Inspired by flavors of Spain, this one-pot meal is sure to impress.

### Chef's Notes:

- Poaching is a technique that involves cooking food submerged in a liquid at a low temperature. It can be as simple as plain water, or as seasoned and tasty as a tomato saffron broth!

### Nutrition Notes:

- Atlantic Cod is a lean protein with no carbohydrates and is also a fish low in mercury.

### Gardener's Notes:

- Saffron is the dried stigma of a crocus plant that can only be harvested by hand over a very short period, making it one of the most desired spices in the world. There are some farmers growing saffron right here in Vermont!



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