

Buttery Dukkah Spiced Alaska Cod with Fiddlehead Ferns and Chanterelles



Preparation Time: 0 minutes

Cook Time: 40 minutes

Servings: 4

Ingredients:

2 cups fiddlehead ferns, trimmed

Kosher salt and freshly ground black pepper

8 ounces Chanterelle mushrooms

6 tablespoons unsalted butter, divided

1 small shallot, minced

1 garlic clove, minced

1 1/2 teaspoons minced fresh thyme

4 (6 ounce) Alaska cod fillets, fresh or thawed

1 1/2 tablespoons Dukkah Spice Blend

Description:

Bring a medium saucepan of salted water to a boil. Add fiddlehead ferns and cook until bright green and crisp tender, about 2 to 3 minutes. Plunge into ice water until cooled. Drain and pat dry with clean paper towels.

Cut mushrooms into large bite size pieces.

Pat cod dry with clean paper towels. Sprinkle evenly with 1 teaspoon salt and 1/2 teaspoon pepper. Melt 1 1/2 tablespoons butter in a large nonstick skillet over medium heat. Add cod and cook until golden brown on one side, about 3 to 4 minutes. Turn fillets over and cook until golden and just cooked through, about 2 to 3 minutes. Remove from heat; cover and keep warm. Wipe skillet clean.

Melt 1 1/2 tablespoons butter in skillet over medium heat. Add mushrooms, fiddlehead ferns, and shallot and sauté until tender, about 4 to 5 minutes. Stir in garlic and thyme and cook until fragrant, about 1 minute. Remove from skillet and keep warm.

Melt remaining 3 tablespoons butter in skillet over medium low heat, swirling pan often until golden brown and fragrant, about 3 minutes. Sprinkle 1 1/2 tablespoons dukkah spice into drippings in skillet. Continue to cook, swirling pan until very fragrant, about 1 minute. Remove butter from skillet.

Arrange filets and fiddlehead mixture onto serving plates. Spoon butter mixture over filets. Serve Immediately.