

Sautéed Alaska Cod, Polenta, Corn Nuts & Mole Negra



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: Serves 4

Ingredients:

Cod, Polenta, Corn Nuts

4 portions of Alaska cod, 4-5 oz each

1 cup cornmeal for dusting fish

Canola oil to cook the fish, approximately 2 oz

1 cup Anson Mills polenta, or other similar quality

1 cup milk

2 cups filtered water

2 oz cotija cheese

1 package of corn nuts, chili lime flavor, use a sauté pan to crush the corn nuts while in the bag

Mole

1 each yellow onion, peeled and sliced

4 garlic cloves

1 tsp coriander

1 tsp cumin

4 guajillo chilies, seeded and soaked in water overnight

4 ancho chilies, seeded and soaked in water overnight overnight

2 chilies from a can of chipotle (chilies in adobo)

2 Roma tomatoes, diced

2 cups chicken stock

2 oz chocolate Ibarra

1 oz pepitas

0.5 oz sesame seeds

Salt to taste

Canola or other neutral oil

Description:

Recipe by Chef Neal Fraser

"Alaska cod is a great fish to crust and sauté. Light oil content stands up to the bold flavors." - *Chef Fraser*

For the Mole

In a sauce pot, add oil, onions and garlic. Cook over a low flame until onions are translucent. Add stock, drained dried chilies, chilies in adobo and tomatoes. Bring to a simmer and cook over low flame for 1 hour. Add the remainder of the ingredients and cook for 10 more minutes. Blend in vita prep blender until smooth. Season as needed. Add more chilies in adobo if you desire more heat. Reserve.

For the Polenta

In a pot, bring water and milk to a boil. Quickly whisk in polenta, making sure to scrape the bottom to avoid sticking. Lower heat to a simmer and cover for about 45 minutes. Stir occasionally to avoid scorching. Once the polenta is cooked, whisk in cheese and season with salt.

For the Cod

Season fish with salt and pepper. Lightly dredge in fine corn meal. In a sauté pan over high heat, add oil and then the fish. There should be a fair amount of oil to make sure the bottom surface area is touching all of the surfaces of the fish. Reduce flame and cook until fish is golden brown, about 4 minutes. Gently flip and repeat until golden brown. Once cooked, transfer to a rack to allow to drain.

To Serve

Place mole on bottom, then polenta and fish, with smashed corn nuts for garnish.