

VeraVia – Black Cod (Sable Fish) with Green Beans and Root Mash

Serves 2

Black Cod

Ingredients:

1-4 oz. pieces black cod
Salt and pepper
1 tsp. butter or ghee

Method:

- Season cod filets with salt and pepper and sear on both sides until light brown crust forms.
- Cook until finger still bounces back from flesh when touched. You may need to finish cooking in a 350 degree oven for a few short minutes.

Note: The high amount of (good omega 3) fats in this fish makes it very forgiving for novice cooks. It isn't as easy to overcook!

Root Mash

Ingredients:

½ head roasted garlic (place head of garlic, wrapped in foil in 375 F oven for 45 minutes or until completely soft. Cool and squeeze flesh out of skins)
2 parsnips, peeled and chopped
2 carrots, peeled and chopped
2 small yellow finn potatoes or sweet potatoes (or cauliflower for lower carb), peeled and chopped
2 cups or more stock or bone broth
Salt and pepper to taste
1 tbsp. olive oil

Method:

- Place parsnips, carrots and potatoes in a pot. Add stock or water, salt and pepper. Bring to a boil and immediately turn down to a simmer. Cook for 20 minutes or until vegetables are totally soft.
- Drain vegetables, reserving stock (drink it now!), and add to medium bowl. Add roasted garlic pulp and mash with a potato masher while adding olive oil. Conversely, you can mix with an immersion blender to speed things up. Season to taste and serve with black cod and green beans

Green Beans

Ingredients:

2 cups whole green beans, tips cut and left whole
½ shallot, minced
Salt and pepper
Olive oil
1 handful chopped chives

Method:

- Steam or blanch green beans in boiling, salted hot water for only 1-2 minutes. Start a sauté pan going with 2 tsp. olive oil. Add shallots. As soon as green beans are ready, drain well and place into pan with oil and shallots. Saute for seconds, only to allow shallots and oil to permeate the green beans. Adjust seasoning to taste and toss with chives.

To Assemble Plate:

- Add a dollop of root mash to plate. Place fish down, off side of the root mash. Top with green beans and extra fresh chives.
- **Optional:** Top with **crazy parsnip crunchies!*

**Crazy parsnip crunchies* garnish. Take a handful of the inside peelings of a parsnip, place in bowl and add 1 teaspoon of olive oil or coconut oil. Toss to coat. Sprinkle salt and pepper to taste and bake in a 375 degree oven until crisp and golden.