



Cod with Tomato Sauce (Spain)

By Carlota De Otto

Ingredients (Serves 4)

- 1 onion
- 2 garlic cloves, crushed
- 2 Tablespoons extra virgin olive oil
- 3 cups tomato puree
- 1 teaspoon sugar
- ½ teaspoon salt
- 8 medium loins of fresh cod (24 oz total)
- 2 big roasted red peppers, jarred or made at home

Directions

1. Peel garlic and onion and chop them small.
2. Grease a large frying pan (large enough to hold all the cod in a single layer) with 2 Tablespoons olive oil and fry the garlic and onion over medium heat until golden. Add tomato sauce and mix well. Add 1 teaspoon sugar and 1/2 teaspoon salt. Thicken sauce by cooking for 30 minutes on a low simmer, stirring occasionally.
3. Place the cod loins in a single layer on the tomato sauce in the pan. Cook on a low simmer for 6-8 minutes on each side. Chop red peppers and add to the sauce. Cook for a few more minutes. If sauce is too thick add in a little bit of vegetable broth or water.