

Capt. Greg's "Golden Eagle" Broiled Cod with White Beans and Escarole **(Pesci cotti alla griglia con i fagioli di Cannellini)**

Serves 2

Ingredients

(Quantities are approximate as I do not measure when I cook. More liquid may be required than listed below, use your judgment)

One Large Cod Filet or other white meat fish such as Haddock (Works well with Fresh Bluefish Fillet)

One Large Can White (cannellini beans)

2-cups (est.) Fish, shrimp stock or bottled clam juice (can substitute with chicken broth). See Stock Recipe.

1 large clove garlic – finely chopped

1 med. Or ½ large SWEET Onion – finely chopped

1 head Escarole – Cleaned and chopped into bite size pieces.

Tspn Fresh Thyme or Dried Thyme

Two tablespoons chopped fresh parsley

4- ½ to ¾ in thick slices of Italian bread

2-3 Tablespoons of Extra virgin Olive Oil

1-Tablespoon of butter

½ Tspn lemon juice.

Salt & Freshly ground pepper to taste.

Optional – Dry White wine

Hot pepper flakes

Sauté finely chopped garlic, onion and thyme on medium heat until soft & onions are translucent, rinse beans and add to pan. Sauté until heated through. Salt & Pepper to taste. Add Stock or clam juice to cover beans and turn to low heat. Simmer for about 15 minutes and add escarole, continue to simmer and wilt escarole. (Add optional ¼ cup dry white wine) (Add optional ½ tspn hot pepper flakes). Stir and leave on low heat. Add stock to maintain liquid leave above beans & escarole.

Cut 4 - ½ inch pieces of Italian bread and toast in broiler on both sides until golden. Remove from broiler and set aside.

In flat broiling pan place fish fillets on lightly oiled pan (Olive Oil) place thin slices of butter on top of fish along with a sprinkling of time, splash of white wine, and lemon juice. Broil until fish flesh is just turning white and starts flaking.

Plating- *in large shallow soup bowls put a layer of the beans & escarole with broth in bottom of each bowl. Place toasted bread slices on top of beans and escarole mixture. Cut Fish fillet into 4 equal pieces and place on top of bread slices. Drizzle some of the liquid on top of fish and garnish with fresh chopped parsley.*

Serve with a glass of dry white wine.

ENJOY!