

## **Cod Baked with Prosciutto**

By Nigella Lawson

Featured in, "At My Table; Cod that Speaks Italian

Also, on the NYT Cooking App

Yield: 6 servings

Time: 20 Minutes

### INGREDIENTS\*

6 (6-ounce) skinless cod fillets

2 tablespoons butter, melted

Salt and black pepper

8 ounces prosciutto di Parma (about 16 large slices)

French lentils with garlic and thyme, for serving (optional; see recipe)

\*I added some fresh thyme for another layer of flavor for the fish.

### PREPARATION

1. Heat oven to 400 degrees. Line a baking sheet with a nonstick liner or aluminum foil.
2. Brush cod fillets with butter, and season with salt and pepper. Wrap each in a slice or two of prosciutto, leaving ends of fillets unwrapped. (If slices tear or are narrow, more than two may be used to wrap each fillet.) Brush with butter again, and place on baking sheet.
3. Bake fish until firm and white at unwrapped ends, 10 to 12 minutes. Carefully remove from baking sheet, and, if desired, place each fillet on a bed of lentils.

## **French Lentils**

By Nigella Lawson

Featured in, "At My Table; Cod that Speaks Italian

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Yield: 6 Servings

Time: 40 minutes

### INGREDIENTS

3 tablespoons olive or vegetable oil

1 onion, peeled and finely chopped

2 cloves garlic, peeled and finely chopped

1 carrot, peeled and finely chopped

2 ¼ cups French lentils

1 teaspoon dried or fresh thyme

3 bay leaves

1 tablespoon kosher salt

### PREPARATION

1. Place a large saucepan over medium heat and add oil. When hot, add chopped vegetables and sauté until softened, 5 to 10 minutes.

2. Add 6 cups water, lentils, thyme, bay leaves and salt. Bring to a boil, then reduce to a fast simmer.
3. Simmer lentils until they are tender and have absorbed most of the water, 20 to 25 minutes. If necessary, drain any excess water after lentils have cooked. Serve immediately, or allow them to cool and reheat later.