

Fillet of Fresh Cod with Lemon-Parsley Sauce  
Lidia's Italian-American Kitchen  
By Lidia Matticchio Bastianich ©2001

Makes 6 servings

**INGREDIENTS**

8 cloves garlic, peeled  
½ cup extra-virgin olive oil  
1 cup dry, unseasoned bread crumbs  
¼ cup chopped fresh Italian parsley  
2 tablespoons plus 2 teaspoons chopped fresh thyme leaves  
1 teaspoon finely chopped crushed hot red pepper  
Six 1-inch-thick fresh cod fillets (about 2-1/2 pounds)  
Salt, preferably fine sea salt  
4 cups yellow and red cherry tomatoes, stemmed, washed and drained  
3 tablespoons fresh lemon juice

Whack the garlic cloves with the side of knife and stir them into the olive in a small glass. Let steep at room temperature 30 minutes to 2 hours.

Preheat the oven to 475° F. Stir the bread crumbs, 2 tablespoons of the infused oil, 2 tablespoons of the parsley, 2 tablespoons of the thyme, and ½ teaspoon of the crushed red pepper together in a small bowl until blended.

Season the cod fillets with salt and brush both sides well with about 1 tablespoon of the infused oil. Set the cod on a lightly oiled or nonstick baking sheet. Distribute the seasoned bread crumbs over the tops of the fillets, patting them lightly to help them stick. Bake the cod until it is opaque white throughout and the crumbs are golden brown, 10 to 12 minutes.

While the cod is baking, make the tomato salad and prepare the sauce: Cut the tomatoes in quarters and toss them in a mixing bowl with salt to taste. Spoon in 2 tablespoons of the garlic oil and toss gently.

Strain the remaining infused oil into a medium skillet. Add the lemon juice, the remaining 2 teaspoons of thyme, and the remaining ½ teaspoon crushed red pepper. Bring to a boil and cook until lightly thickened and emulsified. Stir the remaining 2 tablespoons parsley into the sauce and season to taste with salt.

Remove the fish and transfer to warm serving plates. Taste the tomatoes and their juice, adding more salt if necessary. Spoon the tomatoes and their juice in small mounds around the fish fillets. Spoon some of the sauce between the mounds of tomatoes and serve at one.