



Fresh. Simple. Sustainable.

Cod en Persillade

adapted from *Ad Hoc at Home*, Thomas Keller

2 pounds cod
¼ cup Panko or dried bread crumbs
2 teaspoons finely chopped flat-leaf parsley
About 1 tablespoon Dijon mustard
Kosher salt
Canola oil
Fleur de sel

Remove cod from refrigerator and let stand at room temperature for 15 minutes.

Preheat oven to 325°.

Cut fish into 6 equal pieces. Combine bread crumbs and parsley in a shallow bowl. Put the mustard in a small bowl and fill a second small bowl with cold water.

Season the cod fillets on both sides with salt. Dip a brush into the water and then into the mustard (this small amount of water will thin the mustard slightly, making it easy to brush a thin coating on the fish). Brush the top of each fillet with a light coating of mustard, then dip the mustard side of the fish into the bread crumb mixture to make an even coating; shake the bowl of crumbs slightly before coating each piece so that the crumbs are in an even layer.

Pour some canola oil into an ovenproof frying pan that will hold the pieces of cod without them touching and heat over medium-high heat until the oil just begins to smoke, Lower the heat to medium and put the fish crumb-side down in the pan, and cook until the crust is golden brown, about 1 minute.

Transfer the pan to the oven and cook until the fish just begins to flake when prodded with a fork, 8 to 9 minutes,

Arrange the fish on a platter, sprinkle with fleur de sel, and serve.

Serves 6

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