



Photo Credit: Bryan Hulme

Black Cod in Pinot Noir

Ingredients for 4 People

- 1 Black cod, headless (or 4 pieces)
- 1 Small onion
- 1 Carrot
- 1 Stalk celery
- 1 Bottle Pinot Noir
- 1 T Olive oil
- 1 Clove garlic
- Sliced ginger
- Salt and pepper
- Hot chilli pepper, if you like it hot

Preparation

In a fry pan, heat olive oil with garlic and ginger. Add the cod; cook 3 minutes per side.

Transfer to an oven pot; add the vegetables and wine. Cook in the oven for 30 minutes at 400° F.

Transfer the fish to a serving dish. Remove and discard the vegetables. Reduce the sauce over high heat to 1/4 of its original volume. Pour the reduced sauce onto the fish and serve hot.

Serve with a side of polenta and/or risotto.



This dish pairs well with Pinot Noir or Chardonnay. ▲

Gianni Seminari is the owner of Il Vino Winemakers in West Vancouver, BC.