RECIPE

Cod baked on tomato and onion with olives, over bulgur

A Greek-style baked cod dinner: white fish steamed on tomato and onion with olives and a little feta, served over bulgur.

MAKES

4 servings US Metric

TOTAL

45 min

Ingredients

- [ ] 1 cup coarse bulgur, dry
- [ ] 2 cups water
- [ ] 1 medium onion, sliced in thin half-moons
- [ ] 1 can (14.5 oz) no-salt-added diced tomatoes, with their juice
- [ ] 2 tbsp olive oil
- [ ] 2 tsp dried oregano leaves
- [ ] 1 tsp garlic powder
- [ ] ¼ tsp black pepper
- [ ] ¼ tsp salt
- [ ] 12 brine-cured olives, pitted and halved
- [ ] 4 cod fillets (5 oz / 142 g each, 568 g in all)
- [ ] 1 oz crumbled feta cheese
- [ ] 2 tbsp lemon juice

Method

1. Heat the oven to 400 °F. Oven temperatures are not changed by altitude. Put the bulgur and 2 cups water in a small pot, cover, bring to a boil, then turn it down to a simmer.

2. Spread the onion over the bottom of a 9 by 13-inch baking dish. Pour the tomatoes with their juice over it. Add 1 tbsp of the oil, the oregano, the garlic powder, the pepper and the salt, and stir them in.

3. Pat the cod dry with paper towels. Lay the fillets on the tomatoes, a little apart. Rub the other tablespoon of oil over the tops. Scatter the olives and the feta over and around the fish.

- [ ] 2 tbsp chopped fresh parsley

4. Cover the dish tightly with foil. Bake 20 minutes, then take off the foil and bake 5 to 8 minutes more. The fish is done when it flakes at the thickest part, is opaque all the way through and reads 145 °F.

5. Meanwhile, simmer the bulgur until the water is gone and the grains are tender. At 5,300 ft water boils near 203 °F and simmered grains take about a quarter longer, so give it about 15 minutes. Take it off the heat, keep it covered 5 minutes, then fluff with a fork. It makes about 3 cups.

6. Squeeze the lemon juice over the fish and scatter the parsley. Spoon three-quarters of a cup of bulgur onto each plate, set a fillet on it and ladle the tomato and onion over.

7. Cool leftovers within 2 hours, or within 1 hour if the room is above 90 °F, then refrigerate. Reheat to 165 °F.