



Black Roasted Cod with Sea Beans and Oysters

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 24 oz cod fillet skinless black thick ()
- ☐ 4 teaspoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 2 cups sea beans
- ☐ 0.3 cup shallots finely chopped

- ☐ 16 small shucked oysters with their liquor (preferably Kumamoto or Prince Edward Island)
- ☐ 0.3 cup butter unsalted

Equipment

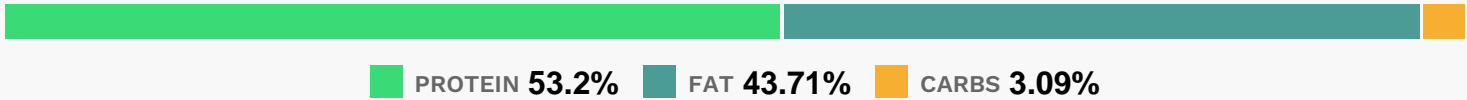
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ colander

Directions

- ☐ Put oven rack in middle position and preheat oven to 450°F.
- ☐ Cook sea beans in a 2-quart saucepan of boiling (unsalted) water 1 minute, then drain in a colander. Quickly transfer to a bowl of ice and cold water to stop cooking.
- ☐ Drain, then pat dry with paper towels.
- ☐ Drain oysters in a sieve set over a bowl and reserve their liquor.
- ☐ Pat fish dry and sprinkle with salt and pepper.
- ☐ Heat oil in a 12-inch ovenproof heavy skillet over moderately high heat until hot but not smoking, then cook fish, skinned side up, until undersides are browned, 2 to 3 minutes. Turn fish over and transfer skillet to oven, then roast until fish is just cooked through, 9 to 11 minutes.
- ☐ While cod is roasting, cook shallot in 3 tablespoons butter, covered, in a 10-inch heavy skillet over low heat, stirring occasionally, until softened but not golden, 2 to 3 minutes.
- ☐ Add lemon juice and oyster liquor and bring to a simmer over moderate heat.
- ☐ Add oysters and season lightly with salt and pepper if desired, then cook at a bare simmer, covered, until just barely firm, 1 to 2 minutes.
- ☐ Remove from heat.

Center pieces of cod on 4 large plates (reserve skillet) and arrange sea beans and oysters around fish. Discard fat from 12-inch skillet and add oyster cooking liquid. Bring to a boil over high heat and swirl in remaining tablespoon butter until incorporated. Spoon sauce over seafood and serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.61, Inflammation Score:-7, Nutrition Score:23.543913115626%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 401.65kcal (20.08%), Fat: 19.03g (29.27%), Saturated Fat: 8.63g (53.91%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.53g (0.92%), Sugar: 1.33g (1.48%), Cholesterol: 200.52mg (66.84%), Sodium: 327.05mg (14.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.1g (104.2%), Selenium: 100.91µg (144.16%), Vitamin B12: 6.58µg (109.68%), Phosphorus: 597.73mg (59.77%), Vitamin B6: 0.83mg (41.36%), Potassium: 1072.91mg (30.65%), Vitamin B3: 6.09mg (30.43%), Magnesium: 106.56mg (26.64%), Zinc: 3.51mg (23.43%), Vitamin B1: 0.26mg (17.29%), Vitamin E: 1.98mg (13.22%), Copper: 0.26mg (13.07%), Vitamin B5: 1.23mg (12.26%), Iron: 2.11mg (11.72%), Vitamin D: 1.74µg (11.62%), Vitamin A: 532.75IU (10.65%), Vitamin B2: 0.16mg (9.4%), Folate: 29.41µg (7.35%), Vitamin C: 4.82mg (5.84%), Calcium: 57.84mg (5.78%), Manganese: 0.11mg (5.63%), Vitamin K: 3.55µg (3.38%), Fiber: 0.5g (2.02%)