

# Spiced Tomato-Braised Fish

## Ingredients

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- 2 lb Cod (skinless, cut into 3" pieces)
- 1 T Kosher Salt
- 4 T Olive Oil
- 1 Onion (finely chopped)
- 3 clv Garlic (minced)
- 1 Cinnamon Stick
- 1 T Garam Masala
- 1 t Cumin Seeds
- 1/2 t Ground Black Pepper
- 32 oz Tomato Puree
- 1 t Sugar
- 4 Sourdough Bread (slices)

## Instructions

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1. Pat fish dry with paper towels and season with some salt on both sides. In a Dutch oven over medium heat, heat 2 tablespoons olive oil. Add onion and garlic, stirring occasionally, until softened, about 5 minutes.
2. Add cinnamon, garam masala, cumin seeds, and 1/2 teaspoon pepper; cook, stirring occasionally, until fragrant, about 3 minutes.
3. Stir in tomato puree, sugar, and 1 tablespoon salt, and 1/2 cup water. Increase heat to medium-high; bring to a simmer. Reduce heat to medium, carefully add fish, and cook until fish is flaky but still firm, 8-12 minutes. Remove from heat; season with more pepper.
4. Meanwhile, heat 1 tablespoon olive oil in a large nonstick skillet over medium-low. Add 2

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bread slices; cook until golden brown and crisp underneath, about 5 minutes. Transfer to a plate. Repeat with remaining 1 tablespoon oil and 2 bread slices. Serve braised fish with fried bread.