

Bay Butter Cod

What's Inside:



8 oz
COD



1/2 cup
FARRO



3 oz
YELLOW
PEPPER



3 oz.
RED PEPPER



3 oz
GREEN
PEPPER



2 tsp
MINCED
GARLIC



4 Tbsp
BUTTER



1 Tbsp
BAY
SEASONING

What You'll Need:

Olive oil
Salt & pepper
Small saucepan with lid
Small & medium bowls
Paper towels
Large Skillet
Instant read meat thermometer

Recommended Preparation:



1 Cook Farro
Set butter out to soften. Rinse farro to remove excess starch. In small saucepan, bring farro, 1 cup water and 1/4 teaspoon salt to boil. Reduce heat to simmer and cover; cook 15 to 20 minutes until water is absorbed and farro is tender. Keep warm.



2 Make Compound Butter
Use fork to mash softened butter with Bay seasoning in small bowl; set aside. Pat cod dry with paper towels; season both sides with 1/4 teaspoon each salt and pepper.

 *Compound butter is a seasoned butter used to make highly flavored sauces with little preparation required.*



3 Prepare Peppers
Toss peppers with 1 tablespoon olive oil and 1/4 teaspoon each salt and pepper in medium bowl. Heat 1 teaspoon olive oil in skillet over medium heat. Add garlic and stir to coat; cook 1 minute, stirring often. Add peppers to skillet and toss to coat.



4 Sauté Cod
Push peppers to edges of skillet, exposing the center; melt 2 tablespoons compound butter in space created. Add cod and sauté about 4 minutes on each side, basting with melted butter, until cod reaches an internal temperature of 145°F on an instant read meat thermometer and fish is opaque and flakes easily with a fork.



5 It's Mealtime!
Divide farro between 2 plates, top with pepper mixture and cod filets. Top cod with spoonful of Bay compound butter and let butter melt over cod, peppers and farro.