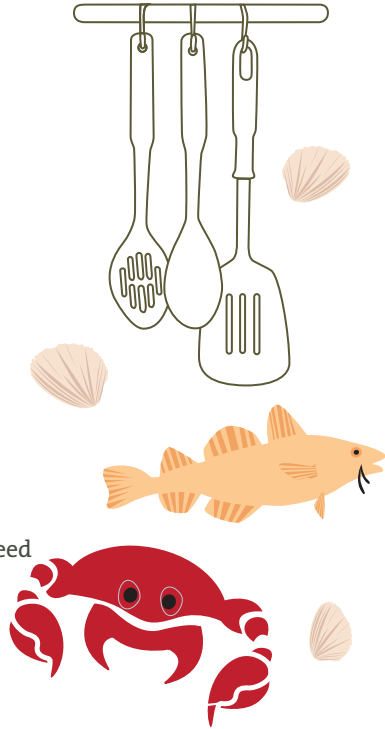


Poached Pacific Cod with Fava Beans

Makes 4 servings.

INGREDIENTS:

- 4 MSC-Certified U.S. Pacific cod fillets
- Salt and fresh ground pepper
- Fresh thyme and rosemary, finely chopped
- 1/4 cup of butter
- 2 shallots, diced
- 1 1/4 cups of dry white wine
- 2 cups of shelled fava beans, cooked and pureed
- 1 Lemon, sliced
- Toasted breadcrumbs, optional



DIRECTIONS:

1. Rub fillets with salt, pepper, thyme and rosemary
2. In sauté pan, melt butter over medium-high heat
3. Add shallots and sauté for 2-3 minutes
3. Slowly whisk in wine, bring to simmer and reduce for 10 minutes
5. Add fillets and poach for 4-5 minutes per inch of thickness, carefully turning fillet when half cooked
6. Add salt and pepper to warm fava beans, to taste and divide evenly on four plates
7. Top fava beans with cod fillets, extra wine sauce and garnish with a lemon slice and bread crumbs



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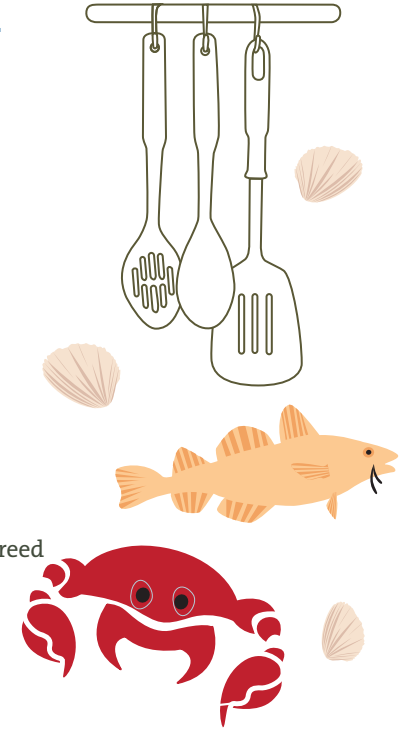


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