

Butter Sauce Drizzled Cod

Meet the Chef

Tamika is a descendant of the maroons, the people who invented jerk as a resistance cooking method centuries ago. She trained at Boston University's Culinary Arts program and will use primarily New England produce to make tropical-inspired recipes using indigenous techniques and storytelling to celebrate her ancestral home of Jamaica, and the spices and intense flavors that make this corner of the world so magical. She is the founder of Food & Folklore, a startup that pays homage to global food traditions through pop-up dining events, culinary classes, and storytelling.



Chef Tamika R. Francis

About the Recipe

We chose a Cod, it's a quintessential New England fish. It's also a staple in the Caribbean and therefore an excellent connection for me, from my childhood and now my time Boston. It's an easy white fish to work with and goes with salads or grains.



Recipe courtesy of
Food & Folklore

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The Recipe

Ingredients:

5- to 6-ounce Cod fish fillets, 1/2- to 1-inch thick
Salt (we used Supeq by Curio Spices)
and fresh ground black pepper
3 tablespoons grapeseed or canola oil
4 tablespoons unsalted butter
2 sprigs fresh thyme, chives or another herb
1 tablespoon chopped flat-leaf parsley, optional
Lemon wedges

Directions:

Using paper towels, pat cod fillets dry. Season fillets with salt and pepper.

In a large skillet over medium-high heat, add the oil and heat until shimmering. Add the fish and cook, turning once, about 6 to 8 minute or until fish flakes easily when tested with a fork. Before turning, wait until fish lifts easily off of the skillet.

Transfer cod to serving plates, tent with foil and keep warm.

Add the butter to the skillet and cook until melted. Add the garlic and cook, stirring, 1 minute or until fragrant.

Remove skillet from the heat. Stir in the thyme and lemon juice. Drizzle the butter sauce over each cod fillet. Serve immediately.

