



*chef ingredients*

# Seared Cod, Creamy Blue Corn Grits + Tomato Chilli Puree



Chef Shelley Nason

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popup



Shelley Nason is Chef Partner at The Chop Bar pop up, prior to that she has worked in kitchens throughout the city, including Rialto, Fireside, and was the Sous Chef at BG Events & Catering and an opening Sous Chef at A&B Burgers. Her culinary style is using classic techniques to elevate global street and comfort foods using local ingredients. She believes that food tells a story and strives to pay homage to the origins and history of food.

## Seared Cod, Creamy Blue Corn Grits + Tomato Chilli Puree

### Ingredients for Tomato Chilli

- Puree:**  
 1 lb ripe red tomatoes, quartered  
 2-3 shallots, trimmed + cut into wedges  
 2 poblano peppers, rough chopped  
 2 jalapenos, rough chopped  
 2 red fresno chiles, rough chopped  
 1 tsp cumin  
 1 tsp paprika  
 2 tsps ground corian-

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 2 tsps salt  
 Olive oil  
 2 Tbsp butter, cut into pieces  
 1/4 cup veg stock (plus extra to thin out if needed)

- Ingredients for  
Creamy Blue  
Corn Grits:**  
 2 cups whole milk  
 2 cups vegetable stock  
 4 Tbsps unsalted butter

- 1 cup blue corn grits  
 1/2 cup finely grated parmesan cheese  
 Salt and pepper to taste

- Ingredients for  
Seared Cod:**  
 1 lb skinless cod fillet, cut into 6 oz portions  
 2- 4 Tbsp Canola or Vegetable Oil  
 Salt and Pepper to taste





## Seared Cod, Creamy Blue Corn Grits + Tomato Chilli Puree

*how-to*



Preparing the Tomato Chilli Puree:

1. Combine tomatoes, shallots, and chiles with enough olive oil to coat the vegetables and the 2 tsps of salt. Arrange in a single layer on a foil lined sheet pan. Bake at 425 F 20-25 minutes, until the shallots and peppers have begun to char and all the vegetables have become tender.
2. Transfer the vegetables and 1/4 cup of stock to a blender. Add spices and process until smooth. If sauce needs to be thinned out, add more stock a tablespoon at a time. The sauce should be pourable but still coat the back of a spoon. Gradually add the butter pieces and process until butter is fully incorporated. Taste and adjust seasoning to taste. Keep warm and set aside puree for plating.

Preparing the Creamy Blue Corn Grits: Combine milk, stock, and butter in a saucepan and bring to a boil over medium high heat. Slowly whisk in the grits. Reduce heat to low; cover and simmer, whisking occasionally, until thickened, about 15-20 minutes. Remove from heat and let stand for 5 to 10 minutes. Stir in cheese and pepper until the cheese is melted. Serve hot.

Preparing the Seared Cod: Before seasoning Cod, pat dry with paper towels to remove any excess moisture. This will help when searing. Portion cod and season with salt and pepper on both sides. In a cast iron pan, turn heat on high. You want the pan to be roaring hot to get a good sear on the fish. Add oil to the pan and swirl to coat the pan. Place fish skin side down, in this case where the skin was, and turn down heat to medium high.

If fish starts to arc you can gently press down so that it sears evenly. Do not touch the fish. Let it sear undisturbed. Resist the urge to shove the fish spatula under it to check it. I always keep a bottle of white wine on hand for deglazing needs, If the fish is still sticking to the pan, add a splash or two of white wine (or stock) into the pan to help release it from the bottom. While you're at it, go ahead and pour yourself a glass of wine.

You will know the fish is done when it starts to flake and becomes opaque in color. Have fun with plating your dish. Put as little or as much of the puree and grits as you like on your plate. There is no right or wrong way of plating. It's all about what you want to see on your plate. Be gentle with transferring your fish to the plate as it will want to flake away.