

OVEN-ROASTED WILD COD & POTATOES WITH CILANTRO-GARLIC-LEMON SAUCE

2 lbs wild Cod fillets, Icelandic Haddock loins, or any firm white fish
2 lbs Dutch yellow baby potatoes, or medium potatoes cut in half lengthwise

1/3-to-1/2 cup cilantro, leaves and fine stems
6-to-8 cloves garlic, minced
1/3 cup lemon juice, freshly squeezed
1-to-3 red hot chili peppers, thinly sliced
1/3 tsp ground coriander powder
1 1/2-to-2 tsp Himalayan pink salt
1/3 cup vegetable oil
1/4-to-1/3 cup olive oil

Whisk together marinade ingredients in a bowl and set aside.

Prepare fish. Get fillets/loins that are skinless, boneless and uniform in size; preferably 8 oz each. Pat-dry with paper towels and transfer into a rimmed pan make sure baking dish is neither too big nor too small; you need to arrange fish in a single layer and not too spread apart so they are covered in as much sauce as possible. Pour 2/3 of the marinade all over and gently mix to combine. Cover pan tightly with foil.

Prepare potatoes. Scrub baby potatoes clean, leaving skin on. If using medium baking potatoes, like Russet potatoes, peel and cut in half lengthwise. Pat-dry with paper towels and transfer onto a sheet pan covered with non-stick "release" foil. Pour 1/3 of the marinade all over and mix to combine. Arrange in an evenly spaced single layer. Cover pan tightly with foil.

Preheat oven to 400F. Baking time will vary depending on size and type of fish and potatoes selected, therefore use these times as a guideline only. Fish should be cooked until just opaque, flakes easily but not dry. Potatoes should be soft but retain a bite with a somewhat crispy crust.

Bake potatoes in a 400F oven for 15 minutes. Reduce oven temperature to 325F. Remove foil cover over potatoes and return to oven. At the same time, add fish pan onto another rack and bake covered for 10-to-20 minutes. Remove foil cover over fish, return to oven and bake uncovered for about 10 minutes or until done to your liking. Meanwhile, keep an eye on the potatoes; once uncovered, it will take anywhere from 15-to-20 minutes until they are just perfect.

* Once you remove potatoes from oven, drizzle with additional sauce from the fish pan to moisten them up a bit.