

## Pan-seared Black Cod with Summer Vegetables

<http://userealbutter.com/2010/09/20/pan-seared-black-cod-summer-vegetables-recipe/>

2 ears fresh corn  
4 4-oz. pieces of black cod fillet  
sea salt  
olive oil or tea seed oil  
2 tbsps butter, unsalted  
2 small zucchini, diced  
fresh ground pepper  
4 oz. cherry tomatoes, diced  
parsley, minced  
olive oil

Shuck the ears of corn and *carefully* slice the kernels off the cob with a sharp knife. Keep a dog around to pick up any kernels that tumble onto the ground. Pat the black cod pieces dry and sprinkle both sides with sea salt.

In a medium pan, melt a tablespoon of the butter over medium high heat. Add the zucchini and sauté. Sprinkle sea salt to taste and continue to sauté until the zucchini is just tender. Remove from pan and set aside. Heat the remaining tablespoon of butter in the same pan over medium high heat. Add the corn and sauté. Sprinkle sea salt to taste. The corn should cook quickly, in a minute or so. Add the zucchini and stir together. Give it a grind of pepper to taste and remove from heat. Set aside.

In a frying pan (don't use non-stick), pour enough oil to coat the bottom of the pan (but not too much, it's hugely messy). Set the heat to medium high or high. When the oil is hot, carefully place the fillets skin-side down in the pan. Expect spattering. Try to press the pieces flat with a spatula to keep them from curling for a few minutes. Cook the fish for about 5 to 7 minutes – the skin should be crisp and golden. Use a thin metal spatula (or a fish spatula if you have one) and flip the pieces over carefully (more splattering). Continue to cook until the bottoms are golden – I cooked for about 3 to 4 more minutes. Gently scoot the spatula under the fish to “unstick” the pieces without tearing the fish apart and set on a plate.

Scoop the corn and zucchini onto a plate. Top with a spoonful of the diced tomatoes. Sprinkle parsley and a pinch of salt over the tomatoes and drizzle a little olive oil on top. Set a piece of fish on the vegetables and serve.