

Cast Iron Cobia en Turmeric Brodo with Carolina Gold Rice and Cherry Tomato Confit

Recipe courtesy of Chef Lisa Donovan

SERVES 4



En brodo is just a fancy term for “in broth” and a turmeric broth is good for you in every kind of way. I like to serve this with a scoop of rice and some tomato confit but you can eat it alone or with roasted vegetables (including tomato) instead of grains and confit. You can make tomato confit easily when it is summer and you have access to an excess of cherry tomatoes.

INGREDIENTS

- 4 6-ounce Cobia filets
- salt
- 2 tablespoons olive oil
- 1 shallot, finely diced
- 1 garlic clove
- 1 teaspoon ground turmeric
- ¼ teaspoon smoked paprika
- 1 cup chicken stock
- 1 tablespoon unsalted butter
- juice of one lemon

- 1 quart cherry tomatoes
- extra virgin olive oil, enough to cover tomatoes
- large pinch salt
- two sprigs fresh rosemary
- one sprig fresh thyme

- 1 cup cooked Basmati or Carolina Gold rice

DIRECTIONS

For the Tomato Confit

Heat oven to 250 degrees F. Place tomatoes, olive oil, thyme, rosemary, and salt into a large baking dish, making sure to use enough olive oil to cover tomatoes. Bake uncovered for 2 to 3 hours or until tomatoes are fat with the olive oil and skins are wrinkled. Set aside. Refrigerate any unused tomatoes.

Season the Cobia on all sides with salt. Heat a large cast iron skillet over medium high heat. Skillet should be large enough to fit all filets in a single layer. Once the skillet is hot add the olive oil. Remove from heat momentarily while adding the fish. Add fish and let cast iron regulate its heat for a moment and then return to a medium flame. Sear fish on both sides until browned. Remove the filets, turn heat to low, and add the chopped shallots, garlic, turmeric, and smoked paprika. Stir until flavors bloom and toast. Add chicken stock and turn heat down to medium. Stir until spices incorporate with stock, and then return fish back to pan, add butter and lemon juice. Cover and cook 5 to 6 minutes or until fish and sauce are heated through.

To serve, remove fish from broth, taste broth, and adjust seasoning as needed. Ladle broth into 4 shallow bowls and scoop ¼ cup cooked rice onto center. Place Cobia on top of rice, ladle more broth on top of fish, top with confit tomato. Serve.