

Here is a really quick, "one-pot" stove top recipe with a Mediterranean flair. For people who don't have fish often enough, but like a tomatoey (spaghetti) sauce. Healthy and fun.

Preheat 3 quart saute pan, 4T olive oil.

Pan grill at high heat 1lb.+ cod filets (or other boneless whitefish, halibut etc.).

Swish filets in oil with spatula as necessary to keep from sticking.

Cook 8-10min/1 inch thickness (Beard-Canadian method). Codfish filets are usually very thin, so don't overcook! Better undercook for texture and flavor.

Remove fish to plate with spatula. (Cod will tend to break up, but don't worry, remove as well as you can.)

Add 1 onion sliced quite thin, saute medium-high heat until translucent. Add more olive oil as necessary.

Add 28oz. can Italian plum tomatoes (4c), sliced, with juice and mash in pan with potato masher.

Add 1t oregano, 1/2t ground cinamon, 1/2c red wine.

Simmer 5 mins. Check and adjust seasonings.

Add 8 Greek black olives.

Return fish to pan, cover with sauce, deglaze pan with spatula, reheat briefly.

(Optional) Add 2T fresh lemon juice.

Serve with white rice.

Serve with cheap Italian red wine (Citra Montepulciano d'Abbruzzo, as Greek wine is obtainable only in Flushing NY). Eesiyeer!!

(Optional) Serve with Tzakziki.

Dining method. Place each serving in broad soup plate. Guests add rice. Host replenishes with hot fish and sauce as required.