



FIELDING HILLS

WINERY

SERVES 2 PEOPLE
PREP TIME 15 MINUTES
COOK TIME 10 MINUTES

Pistachio Parmesan -Crusted Cod with Parsnip Purée



From the kitchen of Fielding Hills Winery's Tasting Room Manager, Don Elsing, to you. We invite you to uncork and enjoy this simple to make, flavorful pairing with our 2019 Estate Chardonnay.

Prepare Pistachio Parmesan Crust

1. Place Pistachios in a plastic bag and beat with a meat pounder or put in a food processor until roughly chopped. Having different sizes of chopped up pistachios is nice for texture.
2. In a small bowl, mix Pistachios, the Parmesan cheese, the olive oil and the lemon juice. Set aside

Prepare Parsnip Purée

1. In a medium size pot, turn your burner on low and slowly sweat out your onions and garlic in the butter.
2. After 5 to 7 minutes, add in your apple and parsnips. Let cook for a few minutes before adding in the water put the cover on the pot and keep the mixture on medium heat.
3. Cook for 10 to 15 minutes, it should be soft and fall apart at the touch of a fork. Turn off heat.
4. In your immersion blender, blend the parsnip mixture until smooth.

Prepare Cod

1. Place parchment paper on the baking sheet, lay your Cod on the baking sheet and use your hands to place a small amount of the pistachio mixture over the top of each piece of Cod. Up to you how thick you want to make your layer.
2. Check on the Cod after 10 minutes in the oven. Depending on thickness it should be sizzling and opaque. 10 minutes is enough time for most unless yours is particular thick.
3. Spoon out the parsnip purée onto a plate, lay an individual piece of Cod on top of your parsnip purée. Be gentle!
4. Serve with more lemon if desired
5. You can make the purée and the pistachio mixture hours or days in advance if needed. Take the pistachio mixture out of the refrigerator one hour before cooking the cod.

Fish

- Preheat oven to 350°**
- 1 lb black cod, cut into 2 even pieces
 - 1/3 cup shelled pistachios
 - 2 tbsp grated parmesan cheese
 - 2 tbsp olive oil
 - juice of one lemon

Parsnip Purée

- 2 medium size parsnips, roughly chopped
- 1/2 white onion, diced
- 1 small apple, peeled and roughly chopped
- 1 clove garlic, minced
- 1 tbsp salted butter
- 1 cup water
- salt
- pepper, freshly ground