



## SECRET INGREDIENT: LEMONGRASS

### Kathy's Spicy Coconut Braised Black Cod with Colorful Vegetables

*(Adapted from Kathy's Spicy Coconut-Braised Lingcod with Colorful Vegetables in "Kathy Casey's Northwest Table: Oregon, Washington, British Columbia, Southern Alaska")*

**Guest Chef Kathy Casey, owner of Kathy Casey Food Studios, Dish D'Lish Cafes and creator of Dish D'Lish specialty foods.**

Take your taste buds on a tropical adventure—any night of the week—with this quick and easy, Asian-inspired entrée. Lemongrass adds fresh lemon and bright flavor to the dish while coconut milk adds creamy richness without added cholesterol or trans fat. If black cod is unavailable in your area, substitute with lingcod, mahi mahi or rockfish fillets. Serve with colorful jasmine rice for a dish that's elegant enough for entertaining, yet easy enough for weeknight dinners.

*Serves 4*

2 tablespoons chopped fresh mint leaves  
2 tablespoons chopped fresh cilantro leaves  
1 cup bean sprouts  
1 1/2 teaspoons kosher salt  
1 tablespoon sugar  
1/2 teaspoon red pepper flakes  
1 stalk fresh lemongrass  
1 tablespoon canola or vegetable oil  
4 6-ounce black cod fillets, about 1-inch thick center-cut, boned and skinned  
1 tablespoon peeled and minced fresh ginger  
1 tablespoon minced fresh garlic  
1 can (13 to 14 ounces) unsweetened coconut milk  
1 tablespoon soy sauce  
2 tablespoons Asian fish sauce  
1 small red bell pepper, cut into thin strips  
1 large carrot, julienned  
4 green onions, cut into 3-inch pieces  
2 tablespoons fresh lime juice  
Lime wedges for squeezing

In a medium bowl, toss together the mint, cilantro and bean sprouts, set aside. In a small bowl, mix salt with sugar and pepper flakes, set aside. Remove the tough outer layer of the lemongrass. Smash the remaining stalk with the side of a chef's knife or a mallet to release the oils. Finely mince and set aside. Heat oil in a large skillet or sauté pan over medium-high heat. Sprinkle each fillet with the salt mixture. Sear fish 2 minutes per side, until lightly seared and browned. Move fish to one side of the pan and add ginger and garlic and sauté for 1 minute. Add coconut milk, soy sauce, fish sauce, lemongrass, bell pepper, carrot and green onion to the pan. Cook for 5 minutes at a fast simmer, or until the fish is just done and opaque throughout. Stir in lime juice.

Serve fish in shallow bowls, ladling the broth and vegetables over the fish. Garnish with about a 1/4-cup of the sprout mixture and a lime wedge. Serve Colorful Jasmine Rice on the side (see recipe below).

Recipe from Kathy Casey's Northwest Table, Chronicle Books, San Francisco. Copyright © 2006 by Kathy Casey.

### Colorful Jasmine Rice

*Serves 4 to 6*

1 cup jasmine rice  
1 1/2 cups water  
3 tablespoons diced red onion  
1 teaspoon peeled and minced fresh ginger  
1 teaspoon minced garlic  
1/2 teaspoon salt  
1 teaspoon finely minced fresh lemongrass  
1 fresh or frozen kaffir lime leaf  
1 tablespoon very finely minced carrot  
1 tablespoon very finely minced red bell pepper  
1 1/2 tablespoons very thinly sliced green onion

Preheat oven to 400F. Rinse rice in a strainer until the water runs clear. Shake and drain well.

Place rice in a large ovenproof saucepan. Stir in water, red onion, ginger, garlic, salt, lemongrass and the kaffir lime leaf. Bring to a boil over high heat. Stir and cover with foil and a lid. Bake 15 minutes, remove from oven and fluff the rice with a fork. Stir in carrot, red pepper and green onions.

Recipe from Dishing with Kathy Casey: Food, Fun & Cocktails from Seattle's Culinary Diva, Sasquatch Books, Seattle. Copyright © 2002 by Kathy Casey

**Chef's Tips:** Fresh lemongrass and kaffir lime leaves can be found with the packaged fresh herbs in the produce section at Whole Foods Store leftover lemongrass and fresh kaffir lime leaves in the freezer. If fresh kaffir lime leaves are not available, substitute dried.

Leftover jasmine rice makes great fried rice. Quickly sauté some veggies and a little leftover meat or chicken in a little oil with the leftover rice. Whisk a little soy sauce with an egg or two and stir-fry it into the rice. Cook until the egg just coats the rice.