

## Pan Seared Cod with Roasted Vegetables & Caponata With a Warm Vinaigrette

### **Vinaigrette**

1 whole head of garlic  
1 1/2 tablespoons Sherry wine vinegar  
1 1/2 teaspoons Dijon mustard  
1 1/2 teaspoons chopped fresh chives  
1 1/2 teaspoons chopped Italian parsley  
1 teaspoon minced shallot  
1 teaspoon chopped fresh tarragon  
1/2 cup extra-virgin olive oil  
Fine sea salt

### **For vinaigrette:**

Preheat oven to 400°F. Wrap garlic in foil. Place foil packet directly on oven rack and roast garlic until tender, about 40 minutes. Cool garlic. Peel and finely mash enough garlic cloves to measure 1 tablespoon packed. Place mashed garlic in heavy small saucepan. Add vinegar, mustard, chives, parsley, shallot, and tarragon. Gradually whisk in olive oil. Season vinaigrette to taste with sea salt and pepper. *DO AHEAD: Vinaigrette can be made 1 day ahead. Cover and refrigerate*

### **Roasted Vegetables:**

4 4- to 5-inch-diameter Portobello mushrooms, stemmed  
1 eggplant peeled and cut into 8 to 12 3/4" x 3/4" strips  
1 red bell pepper cut into twelve strips  
1 red onion cut into 4 3/4" slices  
1/2 cup garlic infused, extra-virgin olive oil  
Sea Salt and Fresh Ground Black Pepper

### **For Vegetables:**

Preheat oven to 400°F. Toss vegetables with olive oil. Place vegetables on a baking sheet. Sprinkle with sea salt and pepper. Roast until tender, about 15 minutes

**Fish**

4 7- to 8-ounce skinless cod fillets  
½ cup Quick-cooking flour (such as Wondra)  
½ cup Panko (Japanese style bread crumbs)  
½ teaspoon paprika  
Montreal Grill Seasoning  
2 tablespoons canola oil

**Prepare fish:**

Sprinkle fish with Montreal seasoning; in a shallow bowl mix the Panko, Wondra and Paprika and dust the fish lightly with mixture. Heat canola oil in heavy, large, non-stick skillet over medium-high heat. Add fish and sauté until brown and just opaque in center, about 5 minutes per side.

**Presentation:**

Whisk vinaigrette over low heat to warm slightly. Arrange the roasted vegetables on warm plates. Spoon vinaigrette onto opposite side of plate; top with fish and top fish with a scoop of warm, store bought eggplant caponata.