

## **This easy, one-skillet supper will make you see cod in a new light**

**F**or a light dinner with the convenience of a one-pan meal, we paired a Mexican staple (green rice) with fresh, flaky fish. The trick to perfectly cooked fish and rice all in the same dish? Staggered cooking. To start, we pureed cilantro, spinach, and a jalapeno in a blender to form a bright, piquant base for cooking the rice. Then we sprinkled the otherwise pale fish with chilli powder and salt to give the fish an appealing hue and a boost of flavour. We then sauteed poblano, scallion whites, and garlic to increase flavour.

**America's Test Kitchen**  
Rigorously tested recipes that work.

followed by the rice. Toasting the rice in the skillet for about 2 minutes helped add another layer of flavour. To give the rice a head start, we parcooked it in a combination of broth and the cilantro mixture. After 10 minutes, we laid the golden-brown cod pieces on top of the rice and covered the pan to ensure that both the fish and the rice finished cooking at the same time.

## One-Pan Cod and Green Rice

- ❑ **1 cup** fresh cilantro leaves, and stems
- ❑ **1 cup** baby spinach
- ❑ **1 jalapeno** chile, stemmed, seeded, and chopped
- ❑ **1 cup** water
- ❑ **½ cup** mayonnaise
- ❑ **2 tsp** lime juice, plus lime wedges for serving
- ❑ **2 tsp** table salt, divided
- ❑ **1 tsp** chilli powder
- ❑ **2 tbsp** vegetable oil, divided

- ❑ **4 (6 to 8 oz)** skinless cod fillets, 1 to 1½ inches thick
- ❑ **2 poblano** chiles, stemmed, seeded, and chopped
- ❑ **1½ cups** long-grain white rice, rinsed
- ❑ **2 scallions**, white and green parts separated and sliced thin
- ❑ **2 garlic** cloves, minced
- ❑ **1½ cups** chicken broth

**1.** Process cilantro, spinach, jalapeno and water in a blender until smooth, about 2 minutes, scraping down the sides of the blender jar as needed. Transfer 1 tablespoon cilantro mixture to a small bowl and whisk in mayonnaise, lime juice, and  $\frac{1}{8}$  teaspoon salt; set aside sauce. Reserve remaining cilantro mixture separately.

**2.** Combine chili powder and 1 teaspoon salt in a small bowl. Pat cod dry with paper towels and sprinkle all over with salt mixture. Heat 1 tablespoon oil in a 12-inch nonstick skillet over medium-high heat until just smoking. Place cod in skillet and cook until well browned on the first side, about 2 minutes. Using 2 spatulas, carefully transfer cod to plate, browned side up. Wipe out skillet with paper towels.

### 3. Heat remaining 1

tablespoon oil in the now-empty skillet over medium-high heat until shimmering. Add poblanos and  $\frac{1}{8}$  teaspoon salt and cook, stirring occasionally, until lightly browned, about 2 minutes. Stir in rice, scallion whites, and garlic and cook, stirring often, until edges of rice are translucent, about 2 minutes. Stir in broth, remaining cilantro mixture, and remaining  $\frac{3}{4}$  teaspoon salt and bring to boil. Cover, reduce heat to medium-low, and simmer for 10 minutes.

**4.** Carefully place cod browned side up on top of rice mixture. Cover skillet and cook until remaining liquid is absorbed and cod flakes apart when gently prodded with a paring knife and registers 135 degrees, 8 to 10 minutes. Off heat, drizzle cod with sauce and sprinkle with scallion greens. Serve with lime wedges.

**JAMMER:** His passion extends to ongoing efforts to recruit others to the cause

→ FROM 24

The father of three and grandfather to seven adds that “99 per cent of people at the games are great” as he takes another quick breather during the game on February 29 in sight of a group of parents waving placards in support of their children.

He says the KWBOA is taking steps to stop abuse, explaining: "If that happens, we talk to the convener, and ask them to at least warn them or maybe kick them out."

"And if they don't do it, then we have the responsibility of taking care of business, which might mean kicking a parent out. But I know I don't like the trend."

James, who was born in Peterborough but largely grew up in Sault Ste. Marie, began refereeing in 1966 while attending the University of North Dakota on a hockey scholarship.

"I was 19 and I had some free time on my course, so I decided to get into either reffing hockey or baseball or basketball or something.

"And I decided to ref  
indoors at North Dakota  
because it's so cold there  
and basketball is the most  
indoors and warmest you  
can get."

Despite his hockey background and having coached several sports as a teacher, he particularly loves basketball because of the “action.”

"It's non-stop," explains James, who also continues to occasionally supply teach and was seen



Don James can still keep pace with the game at age 77 as he jogs up and down the court.  
Julian Gavaghan

fist-bumping a Bluevale Collegiate staff member before heading to the gym at that high school in Waterloo, where the Park Manor vs Hillside game was held.

“You need to have eyes in the back of your head.”

After graduating, he went on to teach for two years in Hearst, in northern Ontario, before moving to Eastwood Colle-

giate Institute in Kitchener and, ultimately, spending more than two decades at EDSS.

James is one of three generations in his family to referee, with the latest to wear the whistle being his 16-year-old grandson Carter White.

He is passionate about encouraging others to officiate and even interrupts the interview before the

game to tell a passing gym teacher that she should consider it.

"I tell people that it's more fun than you think it is," he says. "Yeah, way more fun. And it's something where you can pick and choose when you want to do it."

He asks anyone who might be interested in refereeing to email him at [don\\_james@rogers.com](mailto:don_james@rogers.com).



**NOW UNDER THE  
SAME UMBRELLA**

**NEW YEAR  
BOGO SALE**  
*Buy one get one free*

*Book your **FREE** hearing test  
today and we will recommend  
a treatment plan that is unique  
to you and designed to meet  
your needs.*

**Wholesale  
Discount Division**

**MARCH 2024**

**Ear and Hearing Clinic**  
JULIANA SCHLESSEL - DOCTOR OF AUDIOLOGY

**Perfect Pitch  
HEARING**

*Ear and Hearing Clinic has  
partnered together with  
Perfect Pitch Hearing!*

 **519-210-3030**  
 **reception@perfectpitchhearing.com**

\*Promotion on select hearing aid models, limited time offer. Fitting fees apply.

**29A Church Street West**  
**Elmira, Ontario**  
**N3B 1M2**