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From the Kitchen of Chef Michael Feker

IL MITO is located at 6913 W North Ave, Wauwatosa

## NUTRITIOUS STEAMED ALASKAN COD AND SEASONAL VEGETABLES

It will fill your kitchen full of aromatics and amazing energy. But there's more to this dish than aroma: when you steam protein with vegetables something magical happens. Cooked with steam, the ingredients cook in their own juices and your meal reveals itself in a cloud of aromatic steam with maximum nutritional factors remaining. And most importantly, allowing you to do everything easily and feeling good about it. Why? Because you are allowing your choice of a perfect tool, your knowledge of cooking fundamentals and the ingredients do the talking. Enjoy with a beautiful Sauvignon Blanc.

*I say Love life and manifest it through. The 4 F's: Faith, Family, Friends and of course Food.*

### Ingredients

- 4, 6-oz filet of Alaskan Cod
- 2 small carrots peeled and cut in ¼ inch angled cuts
- 2 large garlic cloves, sliced
- 1/2 red onion sliced in half moon
- 1/2 cup kalamata olives, pits removed and slivered
- 1 lemon cut in thin rounds
- 4 tomatoes chopped
- 2 teaspoon of capers rough chopped
- 1/4 oz fresh basil sliced in shreds
- 1 sprig of fresh rosemary left whole
- 4 teaspoons fresh oregano leaves left whole
- 1 fennel: stems removed, peeled, chopped fine and used for the sauce; and the bulb sliced in 1/8 of an inch half moon
- 1 ea. red, yellow, green bell pepper seeded, sliced round, ends diced up and saved for the sauce
- 3 tablespoons extra-virgin olive oil
- 12 oz artichoke hearts cut in quarters
- 1/2 lb small red potatoes cut in quarters
- 1/4 cup of white wine
- 3/4 cup of chicken stock

### Directions

1. Place a stainless steamer on the burner at low heat. Place ½ of the onions ½ of the carrot ½ of the garlic the chopped up fennel stems, the chopped up peppers and the chopped tomato and sauté at low temperature, when your onions turn soft and translucent about 3 minutes, add chicken stock and white wine and increase heat and allow mixture to come to a boil. Meanwhile, toss all remaining ingredients in a bowl. Season with salt and pepper arrange the cod in the steamer basket first and top the cod with the vegetables except the potato which you need to put in the sauce to cook. Place steamer basket over the steaming liquid cover the top and let cook for 10 minutes.

**Chef's note:** make sure there is enough room between your filets for the steam to penetrate evenly.

**Serves:** 4

**Total Time:** 40 minutes

**Prep Time:** 20 minutes