

## MONDAY: Cornflake Crusted Cod & Succotash

The trick to a great crust is to let it sit for 10-15 minutes before you fry it. And, did you know that when you say succotash you are speaking Narragansett? You are! The Narragansett tribe lived on the shores of Rhode Island.

Want more vocab? How about squash, powoww, papoose and moose.

Serves: 4 Prep: 10 Cooking: 30

### Ingredients

#### For the Fish

4 cod fillets, or other white fish  
Salt and ground black pepper  
½ cup unbleached all-purpose flour  
2 ½ cups cornflakes, crushed to crumbs  
2 eggs  
1/3 cup milk  
1 cup vegetable oil

#### For the Succotash

4 tablespoons unsalted butter  
1 onion, minced  
1 red bell pepper, cored and chopped fine  
1 (10 oz) package frozen lima beans  
1 ½ cups frozen corn  
1 tablespoon minced fresh tarragon

### Cooking Instructions

- 1 Adjust oven rack to middle position and heat oven to 200°.
- 2 Pat fish dry and season with salt and pepper.
- 3 Mix flour and crushed cornflakes together in shallow dish.
- 4 Mix egg and milk together in another shallow dish.
- 5 Dip seasoned fillets first in egg and then coat with crumbs. You may want to press the fillets into the crumbs to adhere. Set on a dish or wire rack while you start the veggies.
- 6 Melt 2 tablespoons of butter in a nonstick skillet over medium heat until melted.
- 7 Add onion, bell pepper, and ½ teaspoon salt and cook until onion is softened- 5 minutes.
- 8 Add lima beans and cook until heated through and softened- 5 minutes.
- 9 Stir in corn and cook until heated through, about 1 minute.
- 10 Stir in tarragon and taste for salt and pepper.
- 11 Transfer vegetables to ovenproof bowl and dot with remaining 2 tablespoons butter. Cover with foil and keep warm in the oven.
- 12 Wipe out skillet with paper towels, add oil, and return to medium-high heat until shimmering.
- 13 Fry fillets until golden on both sides, about 4 minutes total. You may want to fry in fish in two batches.
- 14 Remove fried fish from oil and let drain briefly on paper towel-lined plate. Sprinkle with a little salt.
- 15 To serve, top succotash with fish.