

Ginger Poached Cod with Bok Choi

Ingredients:

- 1 cup water
- 2 cloves peeled and sliced garlic
- 1 1/2 inch long piece of fresh ginger, julienned
- 2 T tamari or soy sauce
- 3 scallions, diagonally sliced
- 1/4 cup lemon juice
- 2 pounds cod fillets, of even thickness
- 1 pound of bok choy, stalks and leaves quartered

Directions:

1. In a deep skillet, bring the water, garlic, tamari, scallions and lemon juice to a boil.

Place the cod fillets into the skillet and lower the heat to medium. Cover the skillet and poach for 7-10 minutes, until the fish starts to become opaque.

2. Scatter the bok choy evenly over the fish, cover, and cook an additional 1-2 minutes. Bok choy cooks very quickly.

When the leaves turn bright green, turn off the heat and uncover the skillet.

Garnish with lemon slices and/or parsley.

Serve hot.