

CHEF EXCLUSIVE



ROASTED COD LOIN

**WITH SPICED RUM GUAVA SAUCE, GOLDEN BEETS AND WATERCRESS SALAD,
FRIED YUCA STRIPS AND CILANTRO DRESSING**

This vibrant dish celebrates Puerto Rican heritage, sustainability and Earth Month by featuring responsibly sourced cod, tropical guava, and yuca – staples of the island. Roasted cod loin is paired with a sweet-and-spiced rum guava sauce, golden beets and peppery watercress for freshness, along with crispy fried yuca strips, all brought together with a zesty cilantro dressing.

SERVES 6



For ingredients and cooking directions, please scan the QR code.

ROASTED COD LOIN

Prep Time: 35 minutes
Cook Time: 45 minutes
Total Time: 1 hour 20 minutes

INGREDIENTS

Golden Beets and Watercress Salad

- 3 large golden beets, peeled, sliced
- 2 tablespoons olive oil
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 cups fresh watercress, large stems trimmed

Spiced Rum Guava Sauce

- 1 cup guava paste, diced
- 1/2 cup orange juice
- 1/2 cup spiced rum
- 1 tablespoon honey
- 1 tablespoon lime juice
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt

Roasted Cod Loin

- 6 cod loin portions, 5 to 6 ounces each
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 lemon, sliced

Fried Yuca Strips

- 2 pounds yuca (cassava), peeled and cut into strips
- 1 gallon water
- 2 cups canola oil for frying
- 1/4 teaspoon salt

Cilantro Dressing

- 1 cup fresh cilantro leaves
- 1/4 cup olive oil
- 2 tablespoons lime juice
- 1 garlic clove
- 1/2 jalapeño, seeded
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

DIRECTIONS

Prepare the Golden Beets

Preheat the oven to 400 F.

Toss the diced beets with 2 tablespoons of olive oil, salt and pepper. Spread on a baking sheet.

Roast for 25 to 30 minutes, stirring halfway, until tender and lightly caramelized. Cool slightly.

Make the Spiced Rum Guava Sauce

In a saucepan, combine the guava paste, orange juice and spiced rum over medium-low heat. Stir until the guava paste melts and sauce is smooth.

Add the honey, lime juice, allspice, cinnamon, cayenne and a pinch of salt. Simmer gently for 5 to 7 minutes until slightly thickened. Adjust seasoning. Keep warm.

Roast the Cod Loin

Preheat the oven to 425 F.

Pat the cod loins dry, season with salt and pepper, and drizzle with olive oil.

Arrange on a baking sheet lined with parchment paper. Top each with a lemon slice.

Roast for 10 to 12 minutes, or until just opaque and flaking.

Fry the Yuca Strips

Boil the yuca strips in salted water for 10 to 12 minutes until just fork-tender. Drain and cool.

Heat the vegetable oil in a deep fryer or heavy pot to 350 F.

Fry the yuca strips in batches until golden and crisp, 3 to 4 minutes. Drain on paper towels and season with salt.

Prepare the Cilantro Dressing and the Golden Beets and Watercress Salad

In a blender, combine the cilantro, olive oil, lime juice, garlic, jalapeño, salt and pepper. Blend until smooth.

In a large bowl, whisk together 2 tablespoons of olive oil, 1 tablespoon of white wine vinegar, 1/2 teaspoon Dijon mustard, 1/4 teaspoon salt and 1/4 teaspoon black pepper. Add the roasted beets and watercress. Toss gently.

Plating

Place a mound of golden beets and watercress salad on each plate. Top with a roasted cod loin.

Spoon the spiced rum guava sauce over the fish.

Arrange the fried yuca strips alongside. Drizzle the cilantro dressing over the salad and around the plate for color and flavor.