

Wild Caught True Cod And Home-style Buttery Mash

2 pieces of center cut cod.
2 cups of organic peas.
2 pounds of organic spuds, variety of your choice.
Organic flour for coating.
1 stick of organic unsalted butter.
Organic dried dill.
Cracked pepper.

Wash the spuds, leaving on the skin, cutting them into quarters. Boil until fork soft, but not falling apart, about 10 minutes.

As they're boiling, place your peas into a small sauce pan, preferably with a steamer basket in it, or if not, then boil on a medium heat.

As they're cooking, sprinkle the dill onto the fish and crack on pepper to taste. Dip it in the flour making sure it's coated all over.

Using high heat, melt a half stick of the butter in a frying pan, or less if you prefer, but remember that flour is very absorbent. Gently place the 2 pieces of cod in the pan. Cook for 3 minutes per side, but don't be tempted to move the fish around. Yes, some of the flour might stick, but that's okay. It all adds to the amazing flavor and texture.

While the fish is sautéing, slice in the rest of the butter onto the boiled spuds and mash quickly, adding a dash of whole milk if you prefer to use slightly less butter. Plate the fish, adding the peas and mash. Now all those good scrapings that're left in the fish pan, scoop them onto the fish and serve.

Hearty, delicious and damn tasty.