

# Cod Fish Cacciatore Style

*Cacciatore means hunter in Italian and refers to a meal prepared hunter-style, usually in a pan with vegetables, herbs, and wine.*

## Ingredients:

½ lbs. of fresh wild caught cod, or other firm white fish cut into 3 inch chunks and patted dry  
1 red bell pepper, sliced into strips  
1 yellow bell pepper, sliced into strips  
1 onion, sliced  
4 cloves chopped. garlic  
6 or 7 campari tomatoes, large chopped  
tomato paste, a good 2 or 3 tablespoons

a pinch of red pepper flakes  
olives, kalamata or castelvetro your desired amount  
2 tablespoons, capers  
dry white wine, a good splash  
broth, to even out sauce  
fresh chopped basil, parsley and thyme  
olive oil  
salt and pepper to taste

## Directions:

In a heavy bottomed pan drizzled with olive oil, add the peppers, onions, garlic, sauté til softened.

Add a good squeeze of tomato paste and optional red pepper paste or pepper flakes onto the veggies.

Season with salt and pepper.

Splash in the white wine and incorporate it with the veggies and let it cook down for a minute.

Add the tomatoes, capers, olives, herbs and a little broth, and let it simmer til tomatoes break down and thicken up, taste for seasoning adding more of what you like, if too thick, add some broth, or too thin add more tomatoes.

When sauce has thickened up and pretty much finished cooking add the fish and nestle it all around spooning some of the sauce on each piece.

Simmer and slightly cover the pan, fish cooks quickly, when it looks opaque it's done.

Sprinkle with more of the herbs for garnish.

Serve alone with crusty bread, green veggie, pasta, rice, or potatoes.

