

Poached Cod with Ramps and Pecorino Romano Broth–Tried & True Recipes

Serves: 4 | Cook time: 1 hour

INGREDIENTS

- 6 ramps
- 1 tablespoon plus 2 teaspoons extra virgin olive oil divided
- 1 shallot, peeled and quartered
- 1 rind cut from fresh pecorino Romano cheese
- 5 cups chicken stock
- 1 small lemon, halved
- 12 ounces dry orzo
- 1 pound cod, cut into 4 4-ounce portions
- Lemon slices, optional, for garnish
- Freshly ground pepper for serving
- Salt and pepper to taste

METHOD

Prepare the ramps:

- Thoroughly wash the ramps and trim the bulbs. Cut the white parts from the leafy greens and keep them separate.

Prepare the broth:

- In a wide pot, heat 1 tablespoon of extra virgin olive oil over medium-high. Add the shallot and white parts of the ramps and cook, stirring frequently, until browned all over, about 3-5 minutes.
- Add the chicken stock, cheese rind, and lemon halves and bring to a boil. Reduce heat to low and simmer for 45 minutes to allow the rind to melt (as much as possible) and the flavors to meld.
- Strain the broth through a fine mesh sieve into a large heat-proof bowl and discard any solids. Wipe the pot out and return the strained broth back to the pot and bring to a low simmer. Taste and season with salt as needed.

Cook the orzo:

- While the broth is cooking, prepare the orzo. Bring a small pot of salted water to a boil and prepare the orzo according to package instructions.
- Drain and transfer to a bowl. Drizzle the orzo with 2 teaspoons extra virgin olive oil and a sprinkle of salt and toss to combine. Set aside.
- Refill the small pot with water and return back to the stove over medium-low heat. Meanwhile, prepare an ice bath for the ramps.

Cook the cod:

- Right before poaching, season the cod with salt. Add the cod to the broth in the wide pot over a low simmer and cover. Poach for about 10 minutes or until the cod is opaque and cooked through, but not tough. Turn off the heat and keep covered.

Blanch the ramps:

- While the cod is cooking, bring the small pot of water to a boil. Add the ramp greens and blanch for about 30-45 seconds or until bright green and just wilted.
- Using tongs or a spider strainer, transfer the ramp greens to the ice bath to stop the cooking process. Transfer the ramps to a paper towel-lined plate.

To serve:

- Divide the cooked orzo between shallow bowls and arrange the ramp leaves and a lemon slice (optional) on top. Ladle the hot broth over the orzo and ramps and place a piece of poached cod on each dish. Sprinkle with freshly ground black pepper. Enjoy!