

Cod Gratin with White Beans - Marmite de Cabillaud aux Haricots Blancs

Servings: 4

Source: Backroad Bistros, Farmhouse Fare by Jane Sigal

Ingredients

- 1¼ cups Dried White Beans - Cannellini etc., or canned
- 2 Fresh Thyme, Or 1 Tsp Dried
- 2 Bay Leaves
- Salt And Pepper
- 3 Unsalted Butter
- 2 Medium Onions, Chopped
- 3 Garlic Cloves, Chopped
- 3 lbs. Ripe Medium Tomatoes, peeled, seeded & chopped
- ¾ cups Creme Fraiche or Heavy Whipping Cream
- 1½ lbs. Skinned Cod Fillet

Method

Frank used canned cannellini beans and it was dandy. OR

Soak the beans in plenty of cold water for at least 6 hours or overnight.

After soaking, pour off the water. Put the beans in a large saucepan and cover generously with fresh water. Bring them to a boil and boil vigorously, skimming, for 5 minutes. Drain and rinse.

Return the beans to the pan with half the thyme and 1 bay leaf, cover again with cold water and bring to a boil. Lower the heat and gently simmer the beans, uncovered, until tender, 1 to 1½ hours, depending on the age of the beans. Toward the end of the cooking time, add 1 tsp salt. Drain the beans and set aside.

Melt the butter in a large saucepan or Dutch oven. Add the onions and garlic and cook, covered, over low heat until softened, about 10 minutes.

Add the tomatoes and the remaining thyme and bay leaf and cook, uncovered, stirring occasionally, until the tomatoes have broken down, about 30 minutes.

Stir in the cooked beans and half the creme fraiche or cream; season to taste with salt and pepper.

Preheat the oven to 450°F. Transfer the bean mixture to a gratin dish. Season the cod fillets with salt and pepper and nestle them into the beans. Spoon the remaining creme fraiche or cream over the top.

Bake until the cod is cooked through and the top is lightly browned and bubbly, 10 to 15 minutes. Serve directly from the dish.