



PAN-SEARED COD WITH  
PRESERVED-LEMON AIOLI



**THREE NONSTICK  
WINNERS**

**Cuisinart  
GreenGourmet  
12-inch (ABOVE)**  
\$170; 800-726-0190 or  
cuisinart.com.

**Calphalon One  
Nonstick 12-inch**  
\$150; 800-809-7267 or  
calphalon.com.

**Anolon Ultra Clad  
12-inch**  
(available in February)  
\$120; 800-326-3933 or  
anolon.com.

**Pan-Seared Cod with  
Preserved-Lemon Aioli**



**TOTAL: 20 MIN**  
**4 SERVINGS**

Nonstick skillets are incredibly helpful when preparing lean fish like the cod fillets here, because the flesh sticks to metal so easily. To give the cod a golden crust, Melissa dusts it with finely milled Wondra flour before cooking. The creamy preserved-lemon aioli she serves alongside the fish is also a terrific dipping sauce for roasted potatoes.

- 1 cup mayonnaise
- 1 preserved lemon, peel only,  
finely chopped (see Note)
- 1 garlic clove, chopped
- 1 tablespoon water

Pinch of cayenne

5 tablespoons extra-virgin olive oil  
Kosher salt and freshly ground pepper  
Four 6-ounce skinless cod fillets  
¼ cup Wondra flour

1. In a blender, puree the mayonnaise with the preserved lemon, garlic, water, cayenne and 3 tablespoons of the olive oil. Season the aioli with salt and pepper and scrape it into a small bowl.

2. In a large nonstick skillet, heat the remaining 2 tablespoons of olive oil. Season the cod fillets with salt and pepper and dust with the flour. Cook the fish over moderately high heat, turning once, until golden on the outside and white throughout, about 10 minutes total. Transfer the cod to plates and serve with the lemon aioli.

**NOTE** Preserved lemons are a Moroccan ingredient made by macerating whole lemons in lemon juice and salt until very soft. The lemon pulp is often discarded and the peel is used. They're available at specialty food shops and at kalustyans.com.

**MAKE AHEAD** The aioli can be refrigerated for up to 4 days.

**WINE** With this lemony fish dish, serve an Albariño from Spain, especially from the superb 2007 vintage (mild August and September weather that year led to near-perfect harvest conditions). Two good bottles are the fragrant 2007 Licia and the citrusy 2007 Morgadío.

## nonstick pans

*These skillets require little or no fat to prevent food from sticking, which makes them indispensable for preparing delicate egg dishes, crêpes and fish. To protect the nonstick coating, never expose the skillet to high heat; many manufacturers also recommend adding some kind of fat before preheating.*

### *what to look for*

**NEW COATINGS** Because of controversy surrounding the environmental and health effects of PFOA, a chemical used in the fabrication of many nonstick coatings, some companies have recently introduced ceramic-based and other PFOA-free versions. Producers claim that the latest nonstick coatings are also more solidly fused to the pans, so they're less likely to chip and wear out—another issue with older coatings.

**HEFT** Heavier skillets cook more evenly than flimsier ones and are less likely to quickly overheat, which can harm the nonstick coating.

**OVEN-SAFE HANDLES** Nonstick pans with stainless steel or silicone-coated handles are more versatile than pans with plastic handles, which usually can't go in the oven. But even most oven-safe skillets should not be used for broiling, which would expose the coating to a damagingly high temperature.

### *caring for nonstick*

Nonstick pans are generally very easy to clean—one of their most appealing attributes—but the coating needs to be treated gently. Abrasive sponges and steel-wool pads are not recommended, as they can scratch or chip the nonstick surface. (For the same reason, manufacturers recommend cooking with wooden spoons or plastic spatulas instead of metal utensils.) When stacking nonstick pans in a cabinet, place a paper towel or another liner inside each skillet to protect the coating.