

Poached Smoked Cod & Parsley Sauce

You will need.

Fish.
Half Pint of Milk.
Salt & Pepper.

For the Parsley Sauce you will need:

20g Plain Flour.
20g Butter.
Cooking Milk from Fish, (Plus a little extra if required).
Chopped Parsley.
Salt & Pepper.

Place the milk in a pan add a little seasoning.
Add seasoning and allow to heat up but do not boil.

Add the fish to the pan.
Allow to cook for 1-2 minutes depending on the thickness of the fish, then turn the fish over.
Cook fish for another 4-5 minutes or until it begins to flake slightly.

Prepare the parsley and chop finely.

Next, begin the Parsley Sauce.
Add the Butter to a pan and allow to melt.

Slowly add the flour to the melted Butter.
Stir constantly, the roux will thicken.
Allow the roux to cook - this allows the flour to cook out.
Turn the heat down.

Remove fish and allow to drain on a warm plate.
Using a damp piece of kitchen roll remove the milk residue from the top of the fish.

Slowly add the milk from cooking the Fish to the pan with roux,
Stir.
Taste and season.

Add the chopped Parsley to the sauce and allow to cook through.
Reduce heat until ready to serve.

Serve with boiled potatoes and vegetables for a delicious simple meal full of flavour which everyone will enjoy.