

Cod in a Beurre Blanc Sauce

2 servings

40 minutes

Ingredients

2/3 lb cod

Salt and pepper to taste

1 shallot chopped

1 tbl Olive Oil

½ cup white wine

½ cup heavy cream

1/8 cup butter cubed

Coarse Salt freshly ground pepper to taste

Fresh lemon juice to taste

1 ½ tsp finely minced chives

Directions

Season fish generously with salt and pepper, and set aside.

Sauté shallots in the olive oil until translucent in a sauté pan over medium heat. Add white wine and cook until it evaporates.

Add cream and reduce to about 1/8 cup.

Remove from heat and whisk in butter. Season with salt and pepper; add lemon juice to taste. Strain through a fine-mesh strainer. (optional) Stir in chives and keep warm.

In a sauté pan, heat oil until it shimmers. Place cod in pan and sear on both sides about 3-4 minutes each side. If the fish is thick, finish in a 400° oven for 5 minutes.

Plate fish and top with Beurre Blanc sauce.