

Seared Cod with Chive Butter Sauce

Ingredients

1 1/2 lbs Cod Fillet	2 cups white wine (Chardonnay)
Panko bread crumbs	2 sprigs fresh thyme
2 eggs, for egg wash	1 shallot, sliced
Kosher salt & black pepper	2 cloves garlic, smashed
4 tbsp grapeseed oil	2 tbsp heavy cream
1/2 lemon, juiced	1/2 lemon, juiced
1 tbsp butter	2 tbsp cold butter
1 sprig fresh thyme	3 tbsp chopped chives
Butter Sauce:	Fresh black pepper

Directions

Preheat oven to 400°. Place bread crumbs in shallow dish. In another dish, add 2 beaten eggs. Season both sides of fish with salt & pepper. Once seasoned, brush belly side of cod with egg. Dip egg side into bread crumbs.

In cast iron skillet, add oil. Heat till hot. Sear only the breaded side of fish. Place skillet in oven for 3-4 minutes until cooked.

Once cooked, flip it over and add lemon juice, butter & sprig of thyme. Let melt & baste fish with juice. Pour butter sauce over.

SAUCE: in saucepan, add wine, thyme sprigs, shallot & garlic. Reduce to a syrup. Strain & add heavy cream & lemon juice & bring to slight simmer. Whisk in cold butter & once melted, add fresh chives & season with black pepper.

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