



Baked Cod with Cream

This Irish specialty makes an elegant dinner for two or a delicious meal for the whole family.

Ingredients

7 T. butter, divided

1 T. minced onion

6 6-ounce cod portions

salt and freshly ground black pepper to taste

3 to 4 fresh bay leaves

1 quart light cream or half-and-half

scant 1/3 cup all-purpose flour

chopped fresh parsley

Preparation

In a large frying pan over medium heat, melt 2 tablespoons of butter, and sauté the onion until soft. Place cod in pan and cook for 1 minute on each side; season with salt and pepper to taste. Add bay leaves, pour cream over, and simmer, covered, for 5 to 10 minutes (depending on the thickness of the cod portions) or until fish is done. (It will flake apart easily, and juices should be clear.) Remove fish to an oven-safe serving dish and place in oven on its lowest setting. Turn heat to low under remaining cooking liquid.

In a small saucepan over medium heat, melt the remaining 5 tablespoons of butter. Stir in the flour, reduce heat to low, and cook for 2 minutes, stirring frequently to avoid scorching. Remove from heat.

Increase the heat under the cooking liquid until it's steaming; do not allow it to boil. Use a wire whisk to stir in the butter-flour mixture; cook and stir until sauce is thickened and smooth. Remove bay leaves. Spoon sauce over fish, garnish with chopped parsley and serve.

Makes 3 large/6 small servings.