

Cod Poached with Herbs and Wine

*Cod is the most popular fish served in several European countries, especially Portugal. Some restaurants in Portugal offer over 100 different cod recipes. This recipe was submitted by **Teresa Delgado**. Traditionally the Portuguese use dried, salted cod, yet finding good salted cod in the U.S. is difficult. Teresa wisely adapted this recipe using fresh cod.*

You can also use this recipe with other white fish, including sole, hake, haddock, sablefish or snapper. The key is that the fish should smell fresh when you buy it, just like the sea. If it has a fishy smell, pass and buy something else.

Prep Time: 15 Minutes **Serves:** 2

Ingredients:

½ cup fish broth or water
1 ½ cups dry white wine
2 shallots, coarsely chopped
2 tablespoons fresh herbs, (some combination of rosemary, parsley, and/or thyme), or 2 teaspoons of dried herbs
½ teaspoon sea salt
½ teaspoon freshly ground black pepper
2 (6 ounce) fillets of cod (or other fish)

Garnish:

2 tablespoons extra-virgin olive oil
2 sprigs of fresh herbs
2 lemon slices

Directions:

Heat the fish broth/water, wine, shallot, herbs, salt, and black pepper in a deep-frying pan over medium heat until simmering. Reduce heat to medium low and add fish fillets. Cover and poach for 6 to 8 minutes or until fish is opaque and flakes with a fork.

Transfer to serving plates. Spoon the shallots and herbs over the fish. Drizzle olive oil over the fish and garnish with fresh herbs and lemon slices.

Serve with a side of mixed vegetables, and optionally with a crisp wine, such as a Pinot Blanc or Chardonnay.

Enjoy,

Steven Masley, MD