

Cod w/ Classic Beurre Blanc Sauce

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 20 minutes

Step 1: Preparing the Sauce

- 1 tbsp shallots
- 1/4 cup white wine
- 8 tbsp unsalted, cold butter
- kosher salt (to taste)
- white pepper (to taste)
- lemon juice (to finish)

Before preparing the sauce, cut the butter into tablespoon-size pieces and keep cold in the refrigerator.

To prepare the beurre blanc, first mince the shallots. Place a small saucepan over medium heat and add the shallots and the wine. Reduce the liquid by about two-thirds until it reaches a syrupy consistency.

Turn the heat to the lowest setting and whisk in the cold butter one piece at a time to slowly form the emulsion.

Once all of the butter has been incorporated, season with salt and pepper. You may want to add a few drops of lemon juice to brighten the flavor of the sauce.

Monitor the sauce closely while you cook the fish. Keep the sauce warm to the touch and whisk often to prevent it from splitting. You may need to turn the heat off and on to keep it at the correct temperature. The heat does not always need to be on, as the residual heat from the pan will keep it warm.

Step 2: Cooking the Fish and Serving

- 1 tbsp olive or grapeseed oil
- two 6-ounce pieces of cod (or any white fish)
- kosher salt (to taste)
- white pepper (to taste)

To prepare the fish, heat a non-stick fry pan over medium heat and add the oil.

Pat the fish dry and season both sides with salt and white pepper. Place the fish, presentation-side down into the pan and gently pan fry until the edges become opaque.

Using a non-stick spatula, carefully turn the fish over and let cook through until done (about 3 minutes per side, depending on the thickness of the fish).

Once done, transfer to a plate. Whisk the beurre blanc and spoon over top. Serve immediately.