

Poached Cod

Ingredients

1 lb. cod fillets	3 peppercorns	2 tbsp. flour
1 1/4 cups milk	1 whole clove	1/8 tsp. pepper
1/2 tsp. salt	2 tbsp. butter	2 - 3 tbsp. lemon juice
1 small bay leaf	2 tbsp. chopped green onion	

Instructions

1. Cut fish into serving-sized pieces.
2. Heat milk, salt, bay leaf, peppercorns, and clove to boiling in a large skillet.
3. Add fish, bring just to a boil, lower heat, cover, and simmer until flaky (5 - 10 minutes).
4. Meanwhile, melt butter and add onion. Cook, stirring for 3 minutes.
5. Sprinkle flour and pepper on onions, stirring to blend. Remove from heat and stir into fish liquid.
6. Return pan to heat and stir sauce until boiling and thickened. Add lemon juice.
7. Pour sauce over fish and garnish with more green onion.