



For the Love of Good Food

Cod in a Mild Curry Sauce

Cod is a very popular fish in the winter months particularly in Europe where it used to be a cheap source of protein, but it does not have the most delicate of flavors. To make the most of the robust quality of cod it is good to use a rich flavored sauce, such as a mild curry sauce as detailed below. This dish can be made with any white fish such as halibut or snapper or even monkfish, all of which can be found here on the West coast. This preparation does not suit more oily fish like salmon or tuna that need a sharper flavored accompaniment.

Ingredients (serves 4)

1 ½ lb cod fillets, skinned

salt and pepper

¾ pint milk

2oz butter

1 onion, finely chopped

2tsp mild curry paste or powder

1 tbsp creamed coconut

3tbsp plain flour

3oz button mushrooms, quartered

flat-leaved parsley sprigs, to garnish

1. Season the fish with salt and pepper and place in a shallow pan with the milk. Bring to the boil, and then simmer for 6-8 minutes.
2. Remove the fish from the milk and keep warm.
3. In another saucepan, melt the butter then add the onion, the curry paste (paste is better than powder as it retains its flavor better, but either will work) and coconut and soften over a gentle heat without coloring. Add the flour and stir until absorbed.
4. Remove the pan from the heat and add the milk from the fish a little at a time stirring until even.
5. Add the mushrooms, return to the heat and simmer for 10-12 minutes.
6. Arrange the cod fillets on a serving dish; season the sauce with salt and pepper to taste and spoon over the fish.
7. Decorate with sprigs of flat-leaved parsley and serve with rice and broccoli.

Note: If you cannot find creamed coconut, cut the milk down to ½ pint, and use ¼ pint heavy coconut milk. Then reduce the flour to 1 tablespoon and you should have a similar consistency.

For those of you who do not eat fish, chicken breast fillets would be a good substitute, but will need to be poached in the milk for about 20 minutes depending upon the thickness of the fillets. Other colorful vegetables can be added or substituted like small cubes of sweet peppers, fresh tomato.