

# COD FILLET WITH BC TOMATO HERB SAUCE



## INGREDIENTS

Cod Fillets	2.25 kg(15 x 150 g)
Onions, finely chopped	300 g
Medium Tomatoes, peeled & chopped	7
Mushrooms, sliced	300 g
Parsley, coarsely chopped	45 ml
Basil, coarsely chopped	20 ml
Dealcoholized White Wine	150 ml
Fish Stock	450 ml
Roux	70 g (30 g butter or margarine, non-hydrogenated & 40 g flour.)
Salt & Pepper	Pinch of each

## DIRECTIONS

1. Butter a baking pan with a pastry brush, season with salt and pepper.
2. Sprinkle the pan with the onions, tomatoes and mushrooms.
3. Arrange the fish fillets in the pan, with the skin side uppermost.
4. Add wine and fish stock.
5. Cover and bake in an oven heated to 200°C (400°F) for 7 to 10 minutes.
6. When the fish is done, transfer it into a serving dish or insert, skin side down, with the vegetable garnish. Keep hot until serving. Pour the juice into a saucepan, heat and reduce by half.
7. Thicken with the roux to obtain a light texture sauce. Add half of the parsley and basil, adjust seasoning.
8. At serving time, cover the fish with the sauce and sprinkle with remaining parsley and basil.