

Cod with Coriander in Cream

ingredients

1 lb (450 g) thick cut cod fillet
2 level tbsp plain flour (All purpose)
2 level tsp (10 ml) ground coriander
salt and freshly ground peppe
1/2 stick (4 Tbsp) 2 oz (50 g) butter
15 - 30 ml (1 - 2 tbsp) lemon juice
1 level tbsp (15 ml) capers
1 egg yolk
90 ml (6 tbsp) fresh single cream

method

1. Skin the fish and divide into four portions. Mix the flour, ground coriander and seasoning together. Coat the fish pieces with this mixture.
2. Heat the butter in a medium saute pan and saute the fish gently until golden on both sides, turning only once.
3. Add 15 ml (1 tbsp) lemon juice to the pan with the capers, cover tightly and continue cooking for a further 4 - 5 minutes, until the fish is tender. Place the fish on a warm serving dish.
4. Mix the egg yolk and fresh cream together, stir into the pan juices and heat gently until the sauce thickens - do not boil. Adjust seasoning, adding extra lemon juice if wished and spoon the sauce over the fish.