

Cod Meuniere

By Chef Robert Graf from Alphorn Bistro at Inn at Danbury

Ingredients

4 Thick white fish fillets (Like Cod)

All purpose flour to dust

4 -5 OZ butter separated

1 – 3 Tablespoons of Lemon juice

1 Tablespoons chopped fresh parsley

Fresh ground pepper

Lemon wedges

Lightly dust the fish fillets with flour and shake off the excess.

Heat 1 oz of butter in a pan and cook the fish for 5-8 minutes on each side, until slightly golden. Save the fish onto a serving plate and keep warm. Wipe the pan out with a paper towel.

Heat the same pan over high heat and add the butter, swirl the pan to melt the butter and allow it to brown a little. Remove the pan from the heat and immediately add the lemon juice, parsley and some fresh ground pepper.

Pour the sauce over the fish and dish it up with rice or spaetzle and choice of vegetables. Add the extra lemon wedges to the plate and serve.