THE J.M. SMUCKER Co

Cod Fish Fillet in Mustard Sauce

Prep Time	Cook Time	Serves	Difficulty
15 mins	12 mins	4	N/A

Ingredients

- 3/4 lb (300 g) cod fish fillet
- 3 tbsp (45 mL) corn starch
- 1/4 cup (50 mL) Vegetable oil
- **Marinade:**
- 1 egg white
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) White pepper
- 1 tsp (5 mL) lemon juice
- **Sauce:**
- 1/2 cup (125 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk

  Fat Free Evaporated Skim Milk

- 1 egg yolk
- 2 tsp (10 mL) yellow mustard
- 3/4 tsp (4 mL) whole grain mustard
- 1/4 tsp (1 mL) salt
- 1/2 tsp (3 mL) lemon zest
- **Garnish:**
- shredded Red Pepper

Directions

Step 1:

Combine all ingredients for marinade. Set aside.

Step 2:

Clean the fish fillet and pat dry with paper towels. Slices with the grain into 2” (5 cm) pieces. Combine with marinade and let sit for 10 minutes.

Step 3:

Coat the fish pieces in corn starch. Heat oil in large skillet over medium high heat. Fry the fish until golden brown on both sides, about 3 minutes. Remove from pan and let drain on paper towel lined plate. Remove any leftover oil from skillet.

Step 4:

Combine sauce ingredients in skillet. Cook over low heat until thickened, about 2 minutes. Add fish to pan, stir to coat pieces and serve.

Use any firm fleshed fish in place of cod

Images

