



Black Cod with Beurre Blanc



4 Servings



20 minutes

Ingredients :

- 4 black cod fillets (6 oz each)
- 1/2 cup white wine
- 2 tablespoons white wine vinegar
- 2 tablespoons shallots (minced)
- 2 tablespoons heavy cream
- 1/2 cup cold butter (cubed)
- Salt and pepper to taste
- Fresh parsley (chopped) for garnish



Instructions :

1. Season black cod fillets with salt and pepper .
2. Heat a skillet over medium -high heat with oil .
3. Sear fillets skin -side down for 4 minutes .
4. Flip and cook for another 3 minutes . Set aside .
5. In a saucepan , combine wine , vinegar , and shallots .
6. Simmer until reduced to 2 tablespoons .
7. Add cream and whisk in cold butter gradually .
8. Pour sauce over fish , garnish with parsley , and serve immediately .