



White Fish with Bay Leaves



Be generous with the bay leaves. Add more than the recipe calls for, if needed. According to Darina Allen where this recipe comes from (see below), the bay leaf's "perfume should distinctly permeate the sauce."

Prep: 15 min **Cook:** 20 min **Total:** 35 min **Servings:** 4-6

Ingredients

INGREDIENTS

2T butter (Kerrygold)
1/4 cup onion
6pc cod or other whitefish
4-5 bay leaves (fresh or dried)
light cream (to cover fish)

For the Roux:

1/5 cup Kerrygold butter
2T flour
1 1/4 c milk

(prepare ahead of time)

On low, melt the butter in a saucepan. Add the flour and stir until well mixed. Continue cooking on low for a couple minutes. Remove from heat then add the milk a little at a time, stirring well to remove all lumps.

Directions

- Sauté chopped onions with the butter until translucent.
- Add the cod in a single layer and cook each side for about 1 min.
- Add salt & freshly ground pepper to taste.
- Add the bay leaves and cover with the cream. Cover and continue to cook for about 5-6 minutes until fish is done.
- Transfer fish to a serving dish, keeping the cream in the pan
- Bring cream to a boil and add roux. Continue to simmer until sauce is to desired thickness.
- Pour over fish and serve immediately.