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by ewfood

White Fish Baked

Ingredients

4 Fillets of white fish- cod, haddock, hammour etc.
1 Tablespoon of chopped parsley
15g Butter
150ml Milk
Salt & Pepper

Preparation

1. Wash the fish in cold water, dry excess water off with kitchen towel, place on chopping board, season, fold in half or roll the fish
2. Place the fish in an ovenproof dish, add the milk, season and dot the butter around in small pieces
3. Bake in the oven for around 15 minutes
4. Just before serving sprinkle with parsley
5. If you prefer the liquid to be slightly thicker add 1 tablespoon of cornflour, to the liquid and bring to the boil, stirring at all times, then pour over the fish

Cooks Note