



Posted on 2 October 2012
by ewfood

White Fish Baked

Ingredients

4 Fillets of white fish- cod, haddock, haddock 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
