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by ewfood

Fish Casserole

Ingredients

300g salmon
300g cod fillet or Hamour
2 cloves of garlic
1 small bunch of dill
10g of butter
2 tablespoons spices mixture
2 dl 4% fat single cream
2 dl of broth or fish stock
Salt and pepper
For the spices mixture:
3 tbsp of dried herbs such as tarragon, savory and thyme and 1 and 1/2 tbsp of ginger, coriander seeds, dill and dried green pepper corn.

Preparation

1. For the spices mixture:
2. Grind the mixture for 5 seconds or more for a fine texture and keep in an airtight container.
3. Cut the fish into small cubes (0.80 inch). Chop the garlic and dill.
4. Saute garlic in butter. Sprinkle spice mixture in it and saute briefly. Pour the cream and broth, and then simmer until this sauce becomes smooth. Add dill, salt and pepper. Place the fish cubes in the sauce, cover and stew over medium heat for 5 to 10 min. Enjoy this casserole with 2 boiled potatoes!

Cooks Note