

Seared Cod with Chive Butter Sauce



Recipe credit (with links)

Ingredients

Fish

- 4 cod fillets (6 oz each)
- Panko bread crumbs
- 2 eggs, for egg wash
- Kosher salt and freshly cracked black pepper
- 4 tablespoons grapeseed oil
- 1/2 lemon, juiced
- 1 tablespoon butter
- 1 sprig fresh thyme
- Butter sauce

For Butter Sauce

- 2 cups white wine (recommended: chardonnay)
- 2 sprigs fresh thyme
- 1 shallot, sliced
- 2 cloves garlic, smashed
- 2 tablespoons heavy cream
- 1/2 lemon, juiced
- 2 tablespoons cold butter
- 3 tablespoons chopped chives
- Freshly cracked black pepper

Directions

1. Preheat your oven to 400 degrees Fahrenheit.
2. Place bread crumbs in a shallow dish. In a separate dish add 2 beaten eggs.
3. Season both sides of the fillets with salt and pepper. Once seasoned, brush the belly side of the cod with the egg, then dip the egg side into bread crumbs.
4. Add grapeseed oil to a cast iron skillet.



5. To the hot skillet, place the fish bread crumb side down and sear. Once seared, place the skillet in the oven for 3-4 minutes until cooked.
6. Once cooked, flip fillets over and add lemon juice, butter, and a sprig of thyme. Let melt, then use to baste the fish.

For Butter Sauce

1. In a saucepan, add wine, thyme, shallot, and garlic. Set on a back burner to allow the wine to reduce.
2. Once the sauce is reduced to a syrup, strain and add the heavy cream and lemon juice. Bring to a slight simmer.
3. Whisk in cold butter. Once melted, add fresh chives and season with black pepper.
4. Pour over the butter sauce and serve.

Notes

- Bullet points to keep neat and legible
- [To add pdfs to website](#)