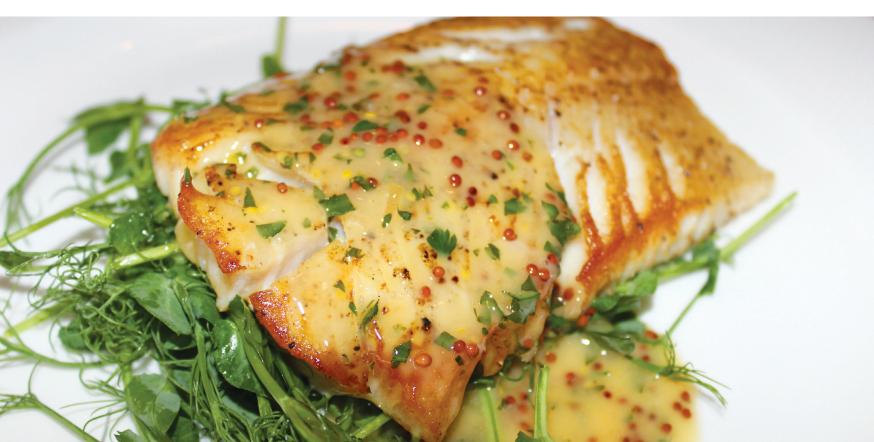


NEAH BAY BLACK COD EAGLEMOUNT CIDER DEGLAZE





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INGREDIENTS

| • Cod Filets | 4 - 8 oz. |
|--------------------------|-----------------------------|
| • Salt | 1½ teaspoons |
| Black pepper | 3/4 teaspoon |
| • Canola oil | 2 tablespoons |
| Fresh grated ginger | 1 teaspoon |
| • Raspberry-ginger cider | 8 oz. (give or take) |
| Whole unsalted butter | 3 tablespoons |
| • Whole grain mustard | ½ Tablespoon |

PREPARATION

Pat filets dry and sprinkle with 1 teaspoon salt and 1/2 teaspoon pepper.

Heat 2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, sear fish skin side up in two batches, turning over once, until fish is just medium-rare, 2-3 minutes per side. Transfer filets to a platter as cooked and keep warm, loosely covered with foil. (Do not wipe skillet clean.)

Discard excess oil from skillet, add cider and ginger. Cook until reduced to less than ¼ cup. Whisk in the 3 tablespoons butter and ½ Tablespoon of whole grain mustard. Spoon sauce over fish and enjoy!

