



NEAH BAY BLACK COD EAGLEMOUNT CIDER DEGLAZE





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INGREDIENTS

- Cod Filets **4 - 8 oz.**
- Salt **1 ½ 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!

