

# Poached cod & asparagus

Search:

- [Dinner](#)
- [Seafood](#)
- [Recipes](#)

## Poached cod & asparagus

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

## Poached cod & asparagus

---



Rate this recipe

1 person is cooking this [Count me in](#)

In this recipe, we poach the cod right on top of the asparagus. The result is perfectly cooked cod and tender-crisp asparagus.

The sauce is our take on beurre blanc - a traditional French sauce made with wine and lots of butter. Ours uses a little cornstarch for thickening and a judicious amount of butter for flavour.

### Ingredients (serves 4)

- 1 lemon, divided
- 1 cup dry white wine
- 2 tsp cornflour
- 1 tbsp thinly sliced shallot
- 1 bay leaf
- 5 whole black peppercorns
- 550g [cod](#), cut into 4 equal portions
- ½ tsp salt, divided
- ¼ tsp ground white or black pepper
- 4 sprigs fresh tarragon
- 1½ bunches asparagus (about 680g), trimmed
- ½ cup water

## Poached cod & asparagus

---

- 2 tbsp good quality organic butter

### Method

Juice half the lemon into a small saucepan; reserve the other half. Whisk in wine and cornflour until combined. Add shallot, bay leaf and peppercorns. Bring to a boil. Reduce heat to maintain a simmer and cook, stirring occasionally, until thickened and reduced by about half, 10 to 12 minutes.

Meanwhile, sprinkle cod with  $\frac{1}{4}$  teaspoon salt and pepper. Place a tarragon sprig on each portion. Thinly slice the remaining lemon half and lay the slices over the tarragon.

Place asparagus in an even layer in a large pan. Add half a cup of water. Place the cod on top of the asparagus. Bring to a boil over medium heat. Cover and cook until the asparagus is tender and the fish is cooked through, four to five minutes.

Strain the reduced sauce through a sieve into a bowl. Return it to the pan. Over low heat, swirl butter into the sauce one tablespoon at a time until melted. Stir in the remaining  $\frac{1}{4}$  teaspoon salt and remove from the heat.

Serve the fish and asparagus topped with the sauce.

NEXT: Browse more [healthy fish recipes](#)>>

```
function displayNutrition(msg) { $('nutrition-label-container').text(msg); $('nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
```