

Fish Fillet with Creamed Corn Sauce

(July)

Yield: 4 – 6 servings
Prep Time: 20 minutes
Cook Time: 12 minutes
Difficulty: Moderate

10 oz cod fillet (or other firm white fish)
1/2 teaspoon salt
1/2 teaspoon sugar
1/4 teaspoon white pepper
2 eggs, lightly beaten
2 tablespoons cornstarch
2 tablespoons all-purpose flour

Oil for pan-frying

Creamed Corn Sauce

1- 1/2 cups corn kernels
1 cup chicken broth
1 tablespoon cornstarch dissolved in 2 tablespoons water

Cut fish fillets into 3/4" x 2" x 3" pieces. Rinse under cold water, drain well and pat dry with paper towels. In a bowl, salt, sugar, white pepper and half of the beaten eggs. Add fish pieces and coat. In another bowl, mix together cornstarch and flour. Add fish pieces; toss to lightly coat.

In a non-stick fry pan, pan-fry fish pieces over medium-high heat until golden brown on both sides. Keep warm.

To make creamed corn sauce: Purée half the corn kernels in a blender. Place puréed corn, corn kernels and chicken broth in a saucepan and bring to a slow boil. Thicken with cornstarch slurry. Drizzle remaining beaten egg into sauce to make the egg flower. To serve, pour sauce over fish fillets..

*Note: For a quicker and easier sauce, one can of creamed-style corn may be substituted for the puréed corn and corn kernels. In this case, no cornstarch slurry is necessary.

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