

Spicy Fried Blue Cod

Crisp, buttery pan-fried fish with a warm nutmeg note and a simple creamy sauce.



Ingredients

Fish

- 4 blue cod fillets (450–700 g)
- 2 tbsp flour
- ½ tsp salt
- Freshly ground pepper
- ½ tsp nutmeg
- 60 g butter

Alternative fish: Tarakihi, Snapper, Hake or Gurnard.

Sauce

- ¾ cup milk
- 1 tbsp flour
- ¼ tsp nutmeg
- 1 tbsp butter

Method

1. Combine flour, nutmeg, salt and pepper. Coat the fish evenly.
2. Melt butter in a frypan over medium heat.
3. Add fish and cook for **6–8 minutes**, turning once, until golden and just cooked through.
4. Prepare the sauce in a small saucepan: melt butter, whisk in flour and nutmeg, then slowly add milk until smooth and thickened.
5. Serve fish topped with sauce and garnish with lemon wedges.
6. Suggested sides: mushrooms, cucumber, tomato, potatoes and a green salad.