

Tim Farmer's Country Kitchen

POACHED FISH W/ LEMON

Fish filet
2 cups vegetable stock
1 cup water
3-4 carrots
1 medium onion
2 sticks celery
½ lemon, sliced thin
2-3 bay leaves
Dash of pepper



Add stock and water to skillet. Chop vegetables and add to the liquid. Add lemon and bay leaves and reduce down over medium/high heat. Once liquid begins to boil, reduce to simmer and add fish. Cover and cook for 10-12 minutes, until fish flakes. Remove fish and set aside.

Cream Sauce

1/3 stick butter
2 tablespoons flour
1 cup remaining liquid fish cooked in
3 tablespoons Dijon mustard
Salt
Pepper
Sugar
Splash of half and half

Melt butter in separate pan and stir in flour to make a paste. Add in liquid the fish cooked in, mustard and seasonings. Stir to combine. Remove from heat and stir in splash of half and half. Pour over fish and serve.

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