

Cod and parsley sauce

Cod and parsley sauce

This is a super easy meal! Traditionally parsley sauce was the “Liquor” that came with your pie mash. The liquor dates back to when the busy docks of London fed the poorest of the working classes. They had to make do with what was cheap and in vast supply, like the water used to boil the eels in on the docks. Unfortunately, there aren't many eels being cooked on the banks of the Thames so we have to be content with a delicious béchamel sauce as the base for our parsley sauce. Who knows, maybe there's space in our range to do a more traditional version.

You can use a variety of fish for this dish. Think haddock, pollock or salmon. It's also great with different types vegetables and potatoes.

Ingredients:

2 x 180g – 200g cod

2 cm square pieces of butter

1 tub Sandys parsley sauce

¼ bunch of parsley roughly chopped

2 portions of vegetables and potatoes – think tenderstem broccoli or samphire and buttered new jersey royals with plenty of butter

Method:

- Preheat the grill to a high heat
- Put the sauce in a pan and start heating on a gentle heat
- Place the cod on a non-stick tray (or a small piece of greaseproof paper), place the cubes of butter on each of the fish and season with salt and pepper.
- Grill the fish for about 8 – 10 minutes
- If the sauce gets too thick just add a touch of water

Tip:

To test the fish, use a thin knife or skewer and push into the thickest part of the fish, if it slides in with no resistance or springiness it's done! We like to use the tail ends for this dish as they grill more evenly and hold together better. If you have any leftover cooked vegetables or potatoes in the fridge you can always heat them up in the sauce for a delicious side dish.

