

Serves 4

Preparation time: 5 minutes

Cooking time: about 10 minutes

INGREDIENTS

4 x 150g (5oz) cod loins or chunky cod fillets

300ml (½pt) semi-skimmed milk

4 black peppercorns

1 bay leaf

50g (1¾oz) butter

50g (1¾oz) plain flour

125g (4½oz) Edam cheese, grated

5ml (1tsp) English mustard

2 egg yolks

10ml (2tsp) Worcestershire sauce

30ml (2tbsp) freshly chopped parsley

CREAMY COD RAREBIT WITH EDAM



PERFECT FOR A MIDWEEK FAMILY MEAL AND GREAT IF YOUR CHILDREN ARE FUSSY ABOUT FISH AND YOU WANT TO INCLUDE SOME IN THEIR DIET- THEY WON'T BE ABLE TO RESIST THE TASTY AND TANGY EDAM TOPPING! PERFECT SERVED WITH MASHED POTATOES AND PEAS.

1. Place the milk in a large saucepan; add the peppercorns and bay leaf. Add the cod in a single layer, bring to the boil, cover and simmer gently for 2-3 minutes, until half cooked. Carefully remove the cod with a fish slice, place in an ovenproof dish and keep warm. Reserve the milk.
2. Gently melt the butter in a medium pan and stir in the flour to make a paste. Strain the milk and gradually add to the paste, whisking continuously until a smooth thick sauce is formed. Remove from the heat and stir in the cheese, mustard, egg yolks, Worcestershire sauce and parsley.
3. Preheat the grill to high, top the fish with the mixture and grill for 4-6 minutes until bubbling and golden. Serve at once with mashed potatoes and peas.



CHEFS TIPS

- This recipe also works well with smoked haddock or other firm white fish.
- For a change, try serving with boiled new potatoes and fresh spring greens.