



## Cod Beurre Blanc with Puff Pastry

### Ingredients:

1-2 filet of Cod  
Salt  
Pepper  
Onion powder  
Garlic powder  
Paprika  
1 stick AG safe butter alternative (or butter if you can tolerate dairy)  
1 TBS Olive oil  
1 cup dry white wine  
1 cup shallots diced (or onion if in a pinch)  
Puff pastry

### Directions:

Preheat oven to 350F. Cut fish into individual portions, about 3-4 inches wide. Lightly season the fish with salt, pepper, onion powder, paprika, and garlic powder. Cut the puff pastry into rectangular portions about the size of the fish portions and place on parchment paper lined baking sheet.

For the puff pastry: Brush the puff pastry portions with a little olive oil or butter alternative and place in the oven. Cook until golden brown.

For the fish: In a non-stick pan, add a little olive oil and sear the cod over medium heat until done on both sides. The fish should be flaky, but not completely falling apart.

For the sauce: In a frying pan, sauté shallots in olive oil until they soften. Add white wine and boil until the wine is reduced at least by half (~10 minutes). Strain the shallots out of the liquid and return the liquid to the pan and bring to a boil. Remove from heat and add pieces of butter to the sauce, constantly whisking until the butter is incorporated, do not return to the heat or the sauce will break. Taste the sauce for balance.

Serve the cod on top of the puff pastry and drizzle the sauce over the fish and pastry.