

COD IN LEMON-MUSTARD SAUCE

2 Portions | Preparation time 30 min

INGREDIENTS

1 piece / cod tenderloin
1 piece / shallots
1 clove / garlic
½ pcs / red sweet pepper
½ pcs / yellow peppers habanero
200 ml / cream 30%.
1 teaspoon / mustard dijon
1 teaspoonful / French mustard
1 ½ lemon juice
½ teaspoon / turmeric
½ tablespoon / clarified butter
1 branch / rosemary
Lemon pepper
Salt, pepper.

INSTRUCTION

Wash and dry the cod sirloin. Sprinkle with ½ lemon juice on both sides. Sprinkle with salt and lemon pepper. We put it in a heat-resistant vessel in which it will be baked. Put it back in the fridge.

We're making the sauce. Peel the scarf and cut into small cubes. Peel the garlic and squeeze it through the press. Remove the seeds from the red pepper, wash and cut into small strips.

PURCHASE LIST

Cod tenderloin
Shallot
Garlic
Red sweet peppers
Yellow peppers habanero
2 lemons
Cream 30%
Mustard dijon
French mustard
Rosemary

Habanero peppers are also deprived of seeds, washed and finely chopped. I recommend cutting habanero peppers in gloves. We squeeze the juice out of the lemon.

In a saucepan dissolve the clarified butter. Add chopped shallots, sweet peppers and habanero peppers to the hot butter. We fry them for about two minutes. Then add the garlic and after about 30 seconds pour in 30% cream. Add the other ingredients: juice from one lemon, a teaspoonful of dijon mustard, a teaspoonful of French mustard, 1/2 teaspoon of turmeric. Reduce the sauce about 10-15 minutes, until it thickens slightly from time to time stirring. Season the sauce with salt and pepper.

Beforehand, we take the marinated cod out of the fridge. Oven preheated to 200°C, bottom heater with thermo-circulation. Pour the sauce into a heat-resistant vessel with cod in it. Place a sprig of rosemary and two slices of lemon on top. We bake cod for 10 minutes.

I suggest serving cod prepared in this way with [pearle barley , bundle with carrot and peas - the recipe you will find here](#), and [fried oyster mushroom - the recipe you will find here](#).