

Cod Smothered With Wild Mushrooms

By Molly O'Neill

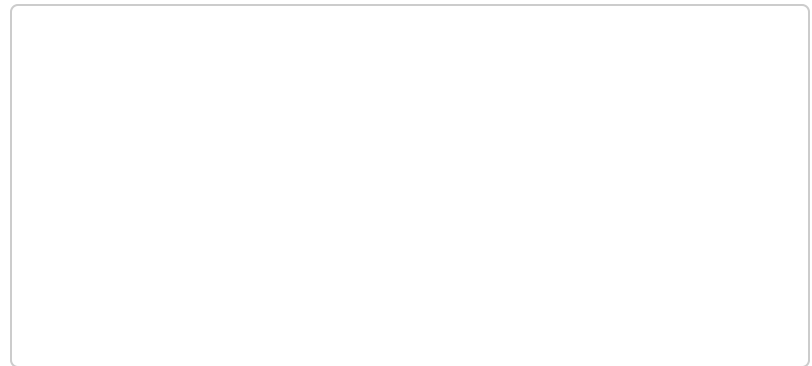
Total Time 25 minutes

Rating ★ ★ ★ ★ ★ (84)

INGREDIENTS

Yield: Four servings

- 1 teaspoon olive oil
- 2½ cups cubed wild mushrooms
- 1 clove garlic peeled and minced
- 2 teaspoons salt
- Freshly ground pepper to taste
- 3 tablespoons chopped Italian parsley
- 1 cup mushroom broth
- 3 teaspoons fresh lemon juice
- 4 4-ounce cod fillets



PREPARATION

Step 1

Heat the olive oil in a large, nonstick skillet over medium heat. Add the mushrooms and cook, stirring occasionally, for 2 minutes. Add the garlic and cook for 30 seconds longer. Stir in 1 teaspoon of salt, pepper, 2 tablespoons of parsley and mushroom broth. Simmer for 10 minutes. Stir in 2 teaspoons of lemon juice.

Step 2

Season the cod with 1 teaspoon of salt and pepper. Drizzle with 1 teaspoon of lemon juice. Place the fillets in the skillet, spooning the mushroom liquid over the top. Reduce the heat to medium-low and braise until the fish is cooked through, about 6 minutes. Place 1 cod fillet on each of 4 plates and spoon the mushroom sauce over the top. Sprinkle with the remaining parsley and serve immediately.