

Fillet of Fish With Leek Sauce

By Pierre Franey

Total Time About 30
 minutes

Rating ★★★★★ (74)

INGREDIENTS

Yield: 4 servings

4 skinless, boneless fillets of scrod,
about 1¼ pounds (see note)

Salt to taste if desired

Freshly ground pepper to taste

3 leeks, about 1½ pounds

9 tablespoons butter

4 tablespoons finely chopped
shallots

¼ cup dry white wine

1 cup fish broth or bottled clam
juice

¼ cup finely chopped chives or
parsley

4 teaspoons freshly squeezed
lemon juice

PREPARATION

Step 1

Sprinkle fish on all sides with salt and pepper.

Step 2

Trim off root ends of leeks. Cut each leek crosswise in half. Put upper green portion to another use, such as soup, or discard.

Step 3

Slice white part of leek lengthwise and rinse thoroughly between the leaves. Cut into thin strips, then into very thin cubes. There should be about 3½ cups.

Step 4

Heat 2 tablespoons butter in a skillet and add shallots. Cook briefly, stirring, and add leeks. Cook, stirring, about 2 minutes and add wine and fish broth or clam juice. Cover closely and cook 5 minutes. Uncover and cook until most of the liquid evaporates. Swirl in 6 tablespoons of butter and the chives or parsley. Add salt and pepper.

Step 5

Heat remaining 1 tablespoon of butter in a large, heavy skillet and add fish fillets. Cook about 2 minutes on one side or until golden brown. Cook about 1 minute on second side. Cooking time will depend on thickness of fillets. This may have to be done in two batches.

Step 6

Spoon equal batches of the leek mixture into centers of four warmed plates. Cover each portion with one cooked fillet. Spoon 1 teaspoon of lemon juice over each fillet and serve.

TIP

Any thin skinless fillets of white-fleshed fish, including grey or lemon sole, may be substituted for scrod.