



Finnan Haddie

Yield: about 4-4 oz. servings.

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| 1 lb. | smoked haddock, rinsed twice in cold water |
| 2 c. | potatoes, peeled and cubed into 1/2 inch pieces |
| 2 clove | garlic |
| 2 c. | basic cream sauce (recipe below) |
| 2 Tbsp. | fresh parsley, chopped |

Preparation:

1. Cover potatoes and garlic with cold water, add a pinch of salt and boil gently until tender. Drain, remove garlic and hold.
2. Cut fish into 2-inch pieces
3. Place one layer of fish in roasting pan. Add enough hot water to cover fish. Bake at 325 degrees for 10-15 minutes. Drain fish and reserve liquid. Liquid may be used in cream sauce recipe in place of cream (~30%).
4. Cover fish with cream sauce and serve with potatoes. Garnish with parsley.

Basic Cream Sauce

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| 4 Tbsp. | butter |
| 2 c. | light cream, scalded |
| 4 Tbsp. | flour |
| 1/2 tsp. | salt |
| Pinch | white pepper |

1. Melt butter in small saucepan
2. Add flour and stir until well blended. Cook for 3 minutes without browning.
3. Whisk in cream, add seasonings and simmer gently for 5-10 minutes.