

Cooking at Riegelmann's

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Poached Black Cod with Leeks and Fennel

Serves 2

12 oz. Black cod, true cod or halibut, skin and bones removed and cut into 2 portions
5 cups whole milk
1 sprig fresh rosemary or oregano
3 sprigs fresh thyme
2 large cloves garlic, smashed
1 bay leaf
½ teaspoon kosher salt
a few grinds of pepper

1 large leek, white and light green part only
1 large bulb of fresh fennel

Add milk, rosemary or oregano, garlic, thyme, bay leaf, salt and pepper to a sauce pan with straight sides. Turn heat to medium high and allow milk to just come to a boil. Reduce heat to low. Cut leek lengthwise into 2 8-inch long pieces and rinse well under running water. Cut the fennel vertically in half and trim center core out of each piece. Bundle a piece of fennel and a piece of leek together and tie with kitchen string. Place bundles into simmering milk, cover pan and allow to braise for 30 to 40 minutes until very soft. Carefully remove bundles from milk to a plate. Cover and keep warm. Add fish to simmering milk, cover and cook for about 10-15 minutes. Carefully place fish into individual bowls. Remove string from bundles and tuck a piece of leek and fennel alongside each piece of fish. Ladle with a bit of the still hot milk avoiding the herbs and garlic. Drizzle with olive oil and serve.