

Devonshire Cod (3 servings)

Half lb (224g) cod fillet (I used hake)

Salt and pepper; 1 sliced tomato

1 oz sliced mushrooms; knob of margarine

Quarter pint of cider

Finely chopped parsley

Sauce: half oz marg; half oz plain flour; quarter pt milk and cider juice

Garnishes: 1 oz grated cheese; 1 sliced tomato; creamed potato; parsley

Method

1. Cut skinned cod into small pieces, place in ovenproof dish and sprinkle with salt and pepper (I used 3 hake portions, uncut)
2. Place tomato and mushroom on top of fish
3. Pour cider over fish, dot with marg and sprinkle with parsley

Cover dish with foil and **cook** at 180 degrees C for 40-50 minutes – preheated oven, bottom shelf. (Fan 170 degrees – 40-50 minutes, cold start.

4. When cooked, strain off the juice and make up to quarter of pint with milk.
5. Make sauce: melt marg, add flour and blend together with wooden spoon, gradually adding milk and cider juice, season and pour over fish.
6. Sprinkle with grated cheese, place sliced tomato down centre (optional – piped mash potato around the edge of the dish)
7. Place in the oven to keep warm, garnish with parsley before serving.