

Cod and its “Mamie P.O.” Sauce

Ingredients

For 6 people

1,2 kg de filet de cabillaud
1 cube de bouillon de légumes

3 jaunes d'œufs
1 citron
250 g de beurre ramolli
1 cuillère à soupe de vinaigre
(facultatif)
1 cuillère à soupe d'eau
Sel, poivre

Preparation

The fish

Cook the fish in stock: boil water, add the stock cube, then cook the fish at a low simmer for 10 minutes.

The sauce

In a bain-marie, mix the egg yolks, vinegar, water, salt and pepper.

Add the butter cut into pieces little by little while stirring (the yolks must not cook)

Add the lemon juice.

The sauce should thicken without forming lumps. You can stop the heat before it thickens and leave to wait, stirring regularly.

Taste and adjust the seasoning.

Accompaniment

Rice