

Bob Martin's
 Supreme Cuisine,
 Brimar Publishing, Inc.,
 Montreal, 1993

COD AU GRATIN

(SERVES 4)

1 celery stalk, diced
 1 carrot, pared and diced
 1 onion, sliced
 2 bay leaves
 4 cups water
 2 lbs fresh cod, cut in 4 pieces
 1½ cups white sauce, heated
 1 cup grated Gruyère cheese
 a few parsley sprigs
 salt and pepper

1
 1
 1
 2
 1 L
 900 g
 375 mL
 250 mL

■ Place vegetables and seasonings in sauté pan. Add water and bring to boil over medium heat.

■ Add fish to pan. It should be covered completely by liquid. Cook 8 minutes over low heat.

■ Use slotted spoon to remove fish from pan and drain well. Transfer fish to buttered ovenproof baking dish. Pour white sauce over fish and top with grated cheese.

■ Place in oven and broil 5 minutes.

1 SERVING: 586 CALORIES 11 g CARBOHYDRATE 75 g PROTEIN
 27 g FAT 1.0 g FIBER

