

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 25 – Pan Fried Cod

*Preparation time: 1 mins – Cooking time: 7 mins*

#### Ingredients

750gm of fillet of cod (in one piece if possible)  
salt, pepper and flour for coating  
2 tablespoons of olive oil  
1 tablespoon of butter

#### Method

1. Cut fillet into 3 equal pieces. Dust with flour and season.
2. Heat pan until hot, add oil and butter and fish (flesh down rather than skin)
3. Fry for 2 minutes, turn and fry for 1 minute.
4. Remove from pan and put into a pre-heated oven (230c) for 4 minutes. Remove then plate.

Suggested accompaniment: Ratatouille and Saute Potatoes (see relevant recipes for details)

Serves 3

