



PAN-FRIED COD IN LEMON BUTTER SAUCE

By Dr. Cindy Tanzar
(Standard)

Quick and delicious! It doesn't get any easier or tastier than this dish. Cod has a mild flavor and firm texture that is perfect for this dish, but you can substitute any wild-caught fish you prefer. Sam's Club offers a frozen wild-caught cod at a great price. Each piece of fish is individually packaged, too, making it easy to always have a quick dinner option available. As always, make sure to use wild-caught fish, not farm-raised, to avoid antibiotic and pesticide residues. This recipe offers ghee, a clarified butter, meaning it does not contain milk proteins, thereby having a higher smoke point. You can find it at most health food stores and some grocery stores. Makes 2 servings. One serving of this recipe is 3 oz of cooked fish and one serving of fat for one meal.



INGREDIENTS

- 2 fresh or thawed wild-caught cod fillets
- 3 Tbsp. Ghee (clarified butter) or Kerry Gold butter, divided
- 1 lemon, halved
- 2 Tbsp. sliced almonds, optional



SEASONING MIX *(enough for 6 servings)*

1/2 tsp. pink Himalayan salt
1/4 tsp. black pepper
3/4 tsp. paprika
1/4 tsp. garlic powder

INSTRUCTIONS

Remove excess water by patting fish dry with paper towels (extra water will cause the fish to “poach” and not brown nicely. Sprinkle seasoning on all sides of the fish.

Heat 1 Tbsp. ghee on medium-high heat in a stainless-steel pan, OR heat Kerry Gold butter on medium (do not use higher heat or you will damage the fat). Add cod to skillet, cooking 2 minutes. With heat on medium, continue cooking 3-4 minutes on the same side.

With a spatula, flip the fish and cook an additional 2 minutes or until fish is cooked through (depends on the thickness of the fish). It should flake easily with a fork when done. Remove fish onto a plate and keep warm.

Melt 2 Tbsp butter in the pan. (You can optionally add sliced almonds and briefly brown them here.) Squeeze 1/2 of the lemon and, using a spatula, mix well, scraping some of the browned bits loose from the pan. Drizzle sauce over fish and serve extra lemon wedges on the side.