

Crowd-Pleasin' Cod Sandwiches

Ingredients

- 1/2 lb Pacific/True Cod fillets
-or Ling Cod
- 1/4 c Butter
- 3 tb Flour
- 1/2 ts Dry mustard
- 1 ds Cayenne pepper
- 2 c Milk
- 1/2 ts Worcestershire sauce
- 1/2 ts Salt
- 1 Egg; well-beaten
- 1 c Grated sharp Cheddar cheese
- 3 English muffins
-split and toasted
- 6 Tomato slices
- Parsley

Instructions

Poach fish (see Easy Poached Fish recipe). Flake into small pieces; set aside. In medium saucepan, over medium heat, melt butter. Stir in flour, mustard and cayenne pepper. Reduce heat; gradually add milk, stirring constantly. Add Worcestershire sauce; continue cooking over medium heat until thickened. Gradually stir about 1/2 cup of hot mixture into eggs; return to mixture in saucepan. Continue cooking for 1 minute more, stirring constantly. Add cheese; stir until melted. Stir in fish; heat through. Place toasted muffin halves on baking sheet. Top each with tomato slice. Broil 3 to 4 inches from source of heat for 1 minute. Remove to serving plates; top with sauce. Garnish with parsley. Serve immediately.

Courtesy of A West Coast Fisheries Development Foundation Recipe, Meal-Master (tm) v8.05

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