

Poached Fish with a Lemon Sauce

Serves 4

Ingredients: -

4 - whiting, cod or other firm white fish fillets

150ml/¼ pint - hot fish stock (see Stock Tip, page 26)

150ml/¼ pint - skimmed milk

2 - lemons

150ml/¼ pint - low fat natural yoghurt

1 - bouquet garni

15ml/1 tbsp - corn flour

Parsley to garnish

Method: -

Place the fish fillets in a shallow pan and cover with the hot stock and skimmed milk.

Peel and slice the lemons and add to the fish with the bouquet garni.

Bring slowly to simmering point. Poach the fish for about 5/8 minutes until the fish is cooked.

Remove the fish carefully with a fish slice and keep warm.

Reserve the liquid and discard the bouquet garni.

Blend the natural yoghurt and the corn flour together, add to the poaching liquid and whisk.

Bring to the boil very gently, stirring and simmer for 3 minutes until slightly thickened.

Add a very small knob of low fat spread.



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Garnish the fish with parsley.

Serve with new potatoes and green vegetables.
