

Black Cod with Grapefruit Beurre Blanc

Serves 4

The tart sweetness of the grapefruit combined with cream and butter makes an unctuous sauce for simply prepared fish. Here I've used black cod, but salmon or monkfish would be good as well. The sauce is also good with shellfish.

- 1 teaspoon kosher or sea salt
- 4 black cod fillets, each about 6 ounces and ½-inch thick
- 1 teaspoon freshly ground black pepper
- ½ cup dry white wine such as Sauvignon Blanc

The beurre blanc

- ¼ cup freshly squeezed grapefruit juice
- 2 tablespoons heavy cream
- 2 teaspoons finely grated grapefruit zest

- ¼ teaspoon kosher or sea salt
- 5 tablespoons butter

Instructions: Place a large, nonstick frying pan over medium-high heat and sprinkle it with the salt. When the pan is hot, add the fillets and sear until they are opaque and slightly golden on the underside, about 1 minute. Turn and cook on the other side until opaque and lightly golden, about 1 minute longer. Sprinkle

with the pepper, pour in the wine and cover. Reduce the heat to low and cook until the fish is opaque throughout and just flakes with a fork, 1-2 minutes longer. Remove from the heat and lightly cover with aluminum foil while you make the beurre blanc.

In a small saucepan, combine the grapefruit juice, cream, zest and salt. Bring to a boil over medium-high heat. Remove from the heat and whisk in the butter.

Place a fish fillet on a warmed dinner plate and drizzle with some of the sauce. Serve immediately.

Per serving: 285 calories, 27 g protein, 2 g carbohydrate, 18 g fat (11 g saturated), 104 mg cholesterol, 778 mg sodium, 0 fiber.