

CAFE THOMPSON RECIPE

BAKED LEMON GARLIC BUTTER HERBED COD

Baked lemon garlic butter herb cod is a light and flaky fish dish known for its vibrant, fresh flavors and tender, buttery texture. The cod has a mild, sweet flavor combination of zesty lemon, aromatic garlic and fresh herbs creating a sauce complementing the delicate taste of the cod. It is an elegant, easy-to-prepare meal that cooks quickly.

SERVES 6

INGREDIENTS

- 5 tablespoons unsalted butter, melted
- 1 1/2 tablespoons olive oil
- 2 lemons, juiced
- 1 1/2 tablespoons basil
- 1 tablespoon dill, chopped
- 8 cloves garlic, minced
- 1 1/2 tablespoons fresh parsley, chopped
- 1 1/2 tablespoons fresh thyme, chopped
- 3/4 teaspoon sea salt and black pepper
- 3/4 teaspoon paprika
- 3 pounds cod fillets
- 1 lemon, sliced
- 1 dill sprig, for garnish



DIRECTIONS

Preheat your oven to 400 F. In a bowl, whisk together the melted butter, olive oil, lemon juice, basil, dill, minced garlic, parsley, thyme, salt, pepper and paprika.

In a bowl, cut the cod into 8-ounce portions, add the cod to the herb-and-butter mixture, and mix well. Set aside to marinate for 20 minutes.

Place the cod on a sheet pan and into the oven, and bake for 15 to 20 minutes. Cooking time will vary depending on the thickness of the cod fillets. Cook to an internal temperature of 145 F.

Set aside and keep hot for service. Garnish with a slice of lemon and the dill sprigs.

Side dishes

- Hush Puppy
- Lima Beans
- Cheese Grits

