

Roasted Skrei Cod with Citrus-Tarragon Sauce

Posted on [Entertain the Possibilities](#) blog

Recipe only slightly adapted from one by [Ellie Krieger](#)



INGREDIENTS:

- 2 tablespoons olive oil
- Four 6-ounce cod fillets, with skin or without, either is fine

Cook's Note: Original recipe calls for Halibut; you can use any mild, white flaky fish

- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 red grapefruit
- 1 navel orange
- 2 medium shallots, finely chopped
- ½ cup dry white wine
- 1 tablespoon unsalted butter
- 2 teaspoons honey
- 1 tablespoon chopped fresh tarragon leaves

DIRECTIONS:

- Preheat the oven to 450 degrees F.
- Brush bottom of a shallow baking dish with 1-1/2 teaspoons of the oil. Arrange fish in the dish, skin side down, then brush tops of fillets with another 1-1/2 teaspoons of the oil.

Cook's Note: Next time I might select a baking sheet with parchment paper (like a jellyroll pan or cookie sheet with a lip) instead of the Pyrex baking dish I used this time. A lot of liquid accumulated in the bottom, which might disperse/cook off easier with the large, flat, metal cooking surface.

- Season the fish with ¼ teaspoon of the salt and all of the pepper.
- Roast until just opaque, about 10 minutes per inch of thickness.
- If fish is done before the sauce is ready, keep it warm in a warming drawer or covered on the stovetop (but off the heat).

For the sauce:

- Cut off the top and bottom of the grapefruit and orange, then remove the pith and peel of each by standing the fruit on one of its cut ends; follow the curve of the fruit with your knife, slicing downward around the fruit. Then, working over a bowl so the citrus segments fall into the bowl and you catch all the juices, use a paring knife to remove each segment of the grapefruit and orange from its membrane.
- Heat the remaining 2 tablespoons of oil in a large skillet over medium-high heat. Once the oil shimmers, add the shallots and cook stirring until softened and beginning to brown on the edges, 2-3 minutes.
- Stir in the wine; cook for 2-4 minutes or until it has reduced by about half.
- Reduce the heat to medium-low; stir in the butter, honey and the remaining ¼ teaspoon of salt until well blended. Add the citrus segments and their accumulated juices, then sprinkle the tarragon over the sauce.
- Shake the pan or stir gently once to distribute, and cook until warmed through, about 2 minutes.
- Serve the fish topped with the sauce.