

# TRAEGER TALK



## COD ANYTHING BE MORE DELICIOUS?

**SCOTT PEARSON, CEO**  
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### SMOKED COD WITH ONION BUTTER AND WHITE WINE REDUCTION



Probably the lowest cost fish in the grocery store is cod. It is the staple protein for fish and chips, but the Traeger wood fired grill does it even better. Better yet, any lean fish lends itself to this process.

The USDA recommends 145°F internal temperature for any fish for food safety. Most people will want it done to at least that temperature. When the fish flakes easily, it is done.

For this recipe, we simply coated the fish in salt and pepper, just like you would if it came to your table without seasoning. Clean your cooking grates and apply cooking spray so you don't have to fight to keep the fish in one piece when serving.

Use the Smoke setting, 165°F or 180°F. The lower the better for smoke flavor, but in outdoor temperature below freezing, the Smoke setting is not always usable. Depending on the thickness of the filets, smoking could take up to about 45 minutes on 180°F.

The sauce is easy and quick to make. It is another variation on our hollandaise sauce recipe, but without the full strength emulsion. You can make the sauce while the fish is on the grill. It's best not to do it too far ahead because the weaker emulsion may not stand reheating.

Melt the butter while you finely chop a large white onion. When the butter is melted, stir in the onion and cook over medium heat until the onion is softened. About 10 to 15 minutes is good. Remove from heat and let it cool slightly. In a separate bowl, add two tablespoons of the melted butter and onion mixture to the egg yolks. Stir together until smooth,

then add slowly back to the butter and onion, stirring constantly. Heat over medium heat until it starts to thicken, then add white wine. Reduce until it reaches the desired thickness. Add garlic and paprika.

Wilt the greens in a skillet over medium heat with a teaspoon of water. Add vinegar to taste.

Serve the fish on a bed of wilted greens under a blanket of sauce and with extra sauce on the side. Serves about 4.

#### INGREDIENTS

- 2 pounds Cod loin filet
- ½ cup Butter, salted
- 1 large Onion, white or red
- ½ cup Wine, white, dry  
Sauvignon Blanc is good
- 2 Egg Yolks
- 1 tsp Garlic granules
- 1 tsp Paprika
- 5 oz Mixed Greens
- 2 tsp Vinegar, apple cider or malt
- Salt
- Pepper

