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Poached Cod & Asparagus

- 1 Lemon, divided
- 1 Cup dry white wine
- 2 Teaspoons cornstarch
- 1 Tablespoon thinly sliced shallot
- 1 Bay leaf
- 5 Whole black peppercorns
- 1 ¼ Pounds cod (see Tip), cut into 4 equal portions
- ½ Teaspoon salt, divided
- ¼ Teaspoon ground white or black pepper
- 4 Sprigs fresh tarragon
- 1 ½ Bunches asparagus (about 1 1/2 pounds), trimmed
- ½ Cup water
- 2 Tablespoons butter

- 1) Juice half the lemon into a small saucepan; reserve the other half. Whisk in wine and cornstarch until combined. Add shallot, bay leaf and peppercorns. Bring to a boil. Reduce heat to maintain a simmer and cook, stirring occasionally, until thickened and reduced by about half, 10 to 12 minutes.
- 2) Meanwhile, sprinkle cod with 1/4 teaspoon salt and pepper. Place a tarragon sprig on each portion. Thinly slice the remaining lemon half and lay the slices over the tarragon.
- 3) Place asparagus in an even layer in a large skillet. Add 1/2 cup water. Place the cod on top of the asparagus. Bring to a boil over medium heat. Cover and cook until the asparagus is tender and the fish is cooked through, 4 to 5 minutes.
- 4) Strain the reduced sauce through a sieve into a bowl. Return it to the pan. Over low heat, swirl butter into the sauce 1 tablespoon at a time until melted. Stir in the remaining 1/4 teaspoon salt and remove from the heat.
- 5) Serve the fish and asparagus topped with the sauce.

Serves 4

