

CTP CLASS RECIPE

Name of Dish	Lemon Butter Baked Cod (柠檬黄油烤鳕鱼)	
Ingredients		Amount
	cod fillet 鳕鱼片	2 lb cut into 4 pieces (2磅切成4块)
	butter 牛油	¼ cup (1/4 杯)
	Lemon juice 柠檬汁	2 tbs (2汤匙)
	flour 面粉	1 ½ cups (1 1/2 杯)
	Potato chip crushed 碎薯片	1 tbs (1汤匙)
	Cornstarch 玉米淀粉	½ tsp (1/2茶匙)
	Salt and pepper 盐和胡椒	Tt (品尝直到正确)
	Sprig of thyme 百里香小枝	1 (1 个)
	Sprig of rosemary 迷迭香小枝	1 (1 个)
	Capers 刺山柑	½ tsp (1/2茶匙)
	Olive oil 橄榄油	As needed (如所须)
	Egg 蛋	2 (2个)
	Water 水	1 tbs (1汤匙)
Steps		
1	Cut cod fillets into serving sizes. (将鳕鱼片切成份量。)	
2	In a dish, mix together flour, salt & pepper. In a bowl mix egg and water (在一个盘子里，将面粉、盐和胡椒混合在一起。在一个碗里混合鸡蛋和水)	
3	. Dip fish into egg and then flour coating well on all sides (将鱼浸入鸡蛋中，然后在四面涂上面粉)	
4	In hot pan sear on both side and bake in 350 oven 15 to 20 min (在热锅中煎两面并在 350 烤箱中烘烤 15 至 20 分钟)	
5	In a separate hot pan on low flames (在一个单独的热锅中，小火)	
6	Add lemon juice to melted butter olive oil and capers then (将柠檬汁加入融化的黄油橄榄油和酸豆中，然后)	
7	Add thyme and rosemary infuse for 1 min (加入百里香和迷迭香浸泡 1 分钟)	
8	Pour over cod before serving (上菜前淋上鳕鱼)	