

IPA-Poached Alaska Cod



Preparation Time: 5 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

4 Alaska Cod fillets (5 to 6 oz. each), fresh, thawed or frozen

24 oz. IPA beer (or any beer)

1/2 teaspoon kosher salt

Description:

Add IPA to a large pan and simmer. Rinse any ice glaze from frozen Alaska Cod fillets under cold water. Turn off heat and add cod to IPA, skin side down. Return heat to a simmer (IPA should simmer, not boil).

Once simmering, cover the pan tightly and cook 4 to 5 minutes for frozen cod or 2 minutes for fresh/thawed fish. Turn off the heat and let the fish rest in liquid for 5 minutes, or until opaque throughout. Remove cod from pan; baste with a little of the warm beer to amp up the hops/beer flavor in the fish. Season with a little salt, to taste.

Recipe by Alaska Chef Erik Slater. "IPAs and big fish rule the Last Frontier. Whether you're catching or eating, fish and beer naturally go together. This is the perfect way to use up that old flat beer in the growler or those cheap domestics that someone brought over last weekend. Remember: the chewier the brew, the bolder the flavor. Great in tacos!"