

Beer-Poached Pollock with lemon & rosemary

Courtesy of Kelsey O'Connor

Ingredients

4 4-5oz portions skinless pollock
1 clove/Tbsp minced garlic
1 shallot sliced thin
12-14 oz Belgian style white beer or summer ale
2 large springs of fresh rosemary, stem removed
and finely chopped
Zest and juice from 1 lemon
1 Tbsp brown sugar
4 Tbsp Butter
Salt and pepper to taste

Directions

Sauté shallot and garlic until tender. Add beer, lemon, rosemary, brown sugar and butter. Bring to simmer, add fish and cook on low for 5-7 minutes being careful not to overcook. Finish with the whole butter and season with salt and pepper. Serve with your favorite sides and make sure to have crusty bread

