

Baked Cobia Steaks

Ingredients

2 lbs Cobia fillets	Salt and pepper, to taste
Flour	1 cup white wine
4 tbsp Olive Oil	1 cup heavy cream
Fresh rosemary sprigs	3 egg yolks
1 onion, sliced	
2 tbsp butter	

Directions

Dish fish with flour and brush with olive oil. Spray a baking dish with non-stick cooking spray. Preheat oven to 425°.

Place rosemary sprigs evenly into the baking dish. Top with the fish and then the onions. Pour 1/2 cup of the wine over all and bake 8-10 minutes, or until fish is done.

Remove fish from oven. Pour baking liquids into a saucepan, just the juices, not the rosemary or onions, and bring to a boil. Add the remaining wine. Cooking over low heat, gradually stir in the cream and egg yolks. Cook and stir until well thickened and smooth.

Place fish on platter and top with the sauce.

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