

Rock Cod with Scallop Bechamel

- 6 Tbsp. butter, divided
- 2 Tbsp. flour
- 2 c. whole milk
- 1/3 c. chopped shallot
- 1/2 lb. bay scallops
- 1/4 c. dry white wine
- 2 tsp. lemon juice
- 1 lb. rock cod filets

In a medium saucepan, melt 2 Tbsp. butter. Whisk in flour until smooth, bubbly, and light gold. Add milk in a steady thin stream, whisking. Continue until sauce thickens; remove from heat. In a large skillet, melt 2 Tbsp. butter. Add shallots; stir until softened, about 2 minutes. Add scallops; sauté another 3-5 minutes, stirring. Add wine, stirring to deglaze pan, and cook until liquid is reduced by half. Combine with béchamel sauce, adding lemon juice. Salt and pepper to taste. Melt last 2 Tbsp. butter in same skillet. Pat fish filets dry; season with salt and pepper. Cook in the skillet 2-3 minutes before turning; cook second side until filet is cooked through and flakes easily. Serve to plate and top with scallop béchamel sauce - which is also nice atop pasta!

Accompany with Cooper-Garrod Chardonnay