

# Haddock with a Lemon Sauce

Printed from Haddock Recipes at <http://www.haddockrecipes.co.uk/>

*Traditionally, lemon is a fantastic flavour that works well with all sorts of fish. Serve this lemon haddock with some buttered new potatoes.*

## Ingredients:

300ml fish stock  
2 bay leaves  
Peppercorns  
1 egg  
Sprigs of dill  
4 haddock fillets  
1 lemon  
2 tsp. arrowroot

## Directions:

1. Zest the lemon and then cut it in two and squeeze all the juice from it.
2. Place the stock, lemon zest, bay leaves, peppercorns and sprigs of dill into a saucepan and bring the liquid to a simmer. Place the haddock fillets into the liquor and cook them for around 8 minutes or until flaking and tender.
3. Drain the stock and reserve 150ml of it.
4. Mix the lemon juice and the arrowroot in a saucepan, stirring all the time until combined and thickened. Add the stock in to the mixture, very slowly, stirring all the time until smooth and thickened.
5. Whisk the egg in a jug and then pour it into the sauce mixture very slowly, whisking constantly for around 4 minutes to prevent the egg from curdling. Once thickened, pour the sauce over the fish fillets.

*Author: Laura Young*