

Fish Braised with Leeks

Adapted from *the minimalist cooks dinner* by Mark Bittman

1 ½ pounds leeks, trimmed, chopped, and washed (could include any spring garlic or spring shallots you have sitting around...)

½ cup white wine or chicken or fish stock

S & P to taste

1 Tablespoon Dijon mustard, optional

About 1.5 # cod, salmon, or other fish fillet, about 1 inch thick

1. Preheat the oven to 400 degrees F. Scatter the leeks over the bottom of an ovenproof casserole. Mix with the wine, S & P, and optional mustard. Top with the fish; sprinkle the fish with S & P. Cover the casserole.

2. Bake for 10-15 min., or until a thin-bladed knife meets little or no resistance when inserted into the thickest part of the fish. Uncover and serve the fish with the leeks and pan juices spooned over it. Serves 4