

# BEER-POACHED POLLOCK WITH LEMON AND ROSEMARY

Serves 3-4



## INGREDIENTS:

- 1 12oz pack of Pollock, cut into 3-4 portions
- 1 clove garlic, minced
- 1 shallot, sliced thin
- 12-14oz Belgian style white beer or summer ale
- 2 large sprigs of fresh rosemary, stem removed and finely chopped
- Zest and juice from 1 lemon
- 1 TBSP brown sugar
- 4 TBSP butter

## DIRECTIONS:

Saute shallot and garlic until tender, using butter or a light oil.

Add beer, lemon zest, lemon juice, rosemary, brown sugar and butter. Bring to a simmer.

Add fish and cook on low for 5-7 minutes, being careful not to overcook. You're looking for the fish to turn opaque and white.

Finish with the butter and season with salt and pepper.

**SIDE NOTES:** Make sure you have crusty bread on the table to soak up the incredible poaching liquid. Serve with your favorite sides and the beer you used for this recipe.

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