



Cut at the line for a 4x6 Recipe Card

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## ***Cod Head Stew***

(Soups And Stews, None)

### Ingredients:

- 4 cod heads, split
- 3/4 cup butter
- 1 1/2 cups onion, large dice
- 1/2 cup celery, small dice
- 1 tbsp savoury
- 2 tbsp flour
- 1/2 cup white wine
- 4 cups water
- 2 large potatoes, washed, unpeeled & large diced
- 1/2 cup milk

### Directions:

Melt the butter over medium heat in a stew pot. Saute onion, celery and savoury until onion is translucent. Add cod heads and saute lightly. Sprinkle flour over the heads and vegetables evenly and gently mix to incorporate. Add wine and shake the pan back and forth to incorporate it. Allow the wine to cook for about 5 minutes. Add water and potatoes. Once the mixture starts to simmer, turn the heat to low and add milk. Gently simmer the mixture until the potatoes are cooked through. Season to taste. Makes 4-6 servings.

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