



Cod Potpies with Dill Biscuit Crusts

READY IN



60 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 teaspoon pepper black
- 0.5 cup carrots diced finely
- 0.3 cup celery diced finely
- 1.3 pounds filets skinless cut into 3/4-inch chunks
- 1.5 cups flour all-purpose
- 2.5 tablespoons optional: dill fresh chopped
- 1 medium leek white green cut into 1/2-inch pieces (and pale parts only)
- 0.8 teaspoon salt

- 7.5 tablespoons butter unsalted cold melted cut into 1/2-inch cubes, plus 1 tablespoon,
- 0.5 cup milk whole

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- blender
- ramekin
- baking pan
- rolling pin

Directions

- Put oven rack in middle position and preheat oven to 450°F.
- Wash leek in a bowl of water, then lift out and drain well. Cook leek, carrot, and celery in butter in a 2- to 3-quart heavy saucepan over moderate heat, stirring frequently, until tender, about 7 minutes.
- Add flour and cook, stirring, 1 minute. Stir in milk, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Bring sauce to a boil, stirring, then reduce heat and simmer, stirring occasionally, 4 minutes. (Sauce will be thick.)
- Remove pan from heat.
- Whisk together flour, baking powder, and salt in a bowl. Blend in butter cubes with your fingertips or a pastry blender until mixture resembles coarse meal. Stir in milk and dill with a fork until mixture just comes together.
- Gather dough into a ball, then turn out onto a lightly floured surface and knead 2 or 3 times.
- Roll out with a floured rolling pin into an 8-inch square (1/2 inch thick), then cut out 4 biscuits using cutter.
- Sprinkle cod with remaining 1/2 teaspoon salt and 1/8 teaspoon pepper. Bring sauce to a simmer and stir in fish, then divide among ramekins. Top each ramekin with a biscuit, then

brush biscuits with melted butter. Arrange ramekins in a shallow baking pan and bake until sauce is bubbling and biscuits are golden, 12 to 15 minutes.

*Available at Bridge Kitchenware (800-274-3435).

Nutrition Facts

PROTEIN 24.81% **FAT 41.7%** **CARBS 33.49%**

Properties

Glycemic Index:90.71, Glycemic Load:28.61, Inflammation Score:-10, Nutrition Score:24.855217332425%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 516.4kcal (25.82%), Fat: 23.8g (36.61%), Saturated Fat: 14.33g (89.55%), Carbohydrates: 43.02g (14.34%), Net Carbohydrates: 40.76g (14.82%), Sugar: 3.32g (3.69%), Cholesterol: 121.05mg (40.35%), Sodium: 866.7mg (37.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.86g (63.72%), Selenium: 63.93µg (91.33%), Vitamin A: 3854.29IU (77.09%), Phosphorus: 456.47mg (45.65%), Vitamin B1: 0.52mg (34.64%), Vitamin B3: 6.01mg (30.03%), Folate: 116.44µg (29.11%), Calcium: 272.08mg (27.21%), Manganese: 0.5mg (25.01%), Vitamin B12: 1.5µg (24.99%), Vitamin B6: 0.47mg (23.34%), Vitamin B2: 0.4mg (23.25%), Potassium: 799.48mg (22.84%), Iron: 3.61mg (20.05%), Magnesium: 69.87mg (17.47%), Vitamin K: 16.84µg (16.03%), Vitamin D: 2.01µg (13.37%), Vitamin E: 1.89mg (12.59%), Fiber: 2.26g (9.03%), Zinc: 1.19mg (7.95%), Copper: 0.15mg (7.52%), Vitamin C: 5.44mg (6.59%), Vitamin B5: 0.66mg (6.58%)