NORDIC · LUNCH · DINNER

Kokt Torsk med Äggsås (Swedish Poached Cod with Egg Sauce)

Kokt torsk med äggsås

35 min · Serves 4 · 516 kcal a serve · Video 13:19 in Swedish · Markus Aujalay

Pescatarian · Nut-free

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Poached cod with a whole egg each gives about 42 g of protein a serve, and the milk-based sauce keeps it to about 9 g net carbs.

Ingredients 16 · SERVES 4

- [ ] 600–800 g **fresh cod fillet** (about 700 g), cut into 4 portions
- [ ] 1 **brown onion**, halved (for the poaching broth)
- [ ] a piece of **leek** (for the poaching broth)
- [ ] 2 **bay leaves**
- [ ] 10 **allspice berries** (kryddpepparkorn)
- [ ] 1 sprig **thyme**
- [ ] 2 slices **lemon** (for the poaching broth)
- [ ] 1 tbsp **butter**, for the poaching broth
- [ ] **salt**
- [ ] 2 tbsp **butter**, for the sauce
- [ ] 2 tbsp **plain flour**
- [ ] 300 ml (3 dl) **milk**
- [ ] 200 ml (2 dl) **whipping cream** (vispgrädde)
- [ ] **freshly grated nutmeg**
- [ ] 4 **hard-boiled eggs**, peeled
- [ ] **fresh parsley**, 1 pot (about 25 g leaves), chopped

Contains: Gluten, Fish, Egg, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. For the poaching broth, put about 1 litre of water in a wide pan with the halved onion, leek, bay leaves, allspice berries, thyme, lemon slices, the tablespoon of butter and some salt, and bring it to a gentle simmer. 0:50
2. For the sauce, melt the butter in a saucepan, whisk in the flour, then whisk in the milk and cream a little at a time. Let it simmer gently, whisking, until smooth and thickened. 2:50
3. Cut the cod into four even portions, salt lightly and lower them into the barely simmering broth. Cover and poach very gently, without boiling, until just opaque and starting to flake. 4:35
4. Season the sauce with salt and freshly grated nutmeg. 6:15
5. Grate the peeled hard-boiled eggs on the coarse side of a box grater and chop the parsley. 7:10
6. Lift the cod out of the broth and drain it. Fold the grated egg and most of the parsley into the hot sauce. 8:30
7. Serve the cod with plenty of egg sauce spooned over and the rest of the parsley on top. 9:40

> **Tip** Serves 4. Markus serves it with freshly boiled potatoes, the classic side; steamed green vegetables keep it lighter. The poaching broth is only for flavour and is not served.

The method is a summary in our words, in English — the video (in Swedish) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
516 kcal	**42** g	**9.7** g	**0.5** g	**33** g	**610** mg
2,160 kJ	85% of a day	9.2 g net · 6.1 g sugars 4% of a day	2% of a day	19 g saturated 43% of a day	27% of a day

Energy from net carbs 7% · protein 33% · fat 60% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 134% · Vitamin B12 106% · Vitamin K 89% · Vitamin A 46% · Omega-3 32% · Vitamin B6 30%

Source of (10–19%) Magnesium 19% · Zinc 17% · Vitamin E 16% · Vitamin D 15% · Calcium 14% · Potassium 13% · Folate 13% · Vitamin C 12% · Iron 11%

Recipe and video: Markus Aujalay (@markusaujalay2782) on YouTube — youtube.com/watch?v=pwFOzJeNqA0, published 30 October 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/kokt-torsk-med-aggsas-swedish-cod