

# Cod au Gratin

**Prep time:**  
30 minutes

**Total time:**  
1 hour 15 minutes

**Servings:**  
4 to 6

## INGREDIENTS

- 1½ lb cod fillets, skinned, deboned and cut in bite-size chunks
- ¼ tsp salt, divided
- ¼ tsp pepper, divided
- 1 tbsp olive oil
- 1 onion, diced
- 5 tbsp salted butter, divided
- 3 tbsp flour
- 2 cups milk
- 1 tbsp lemon zest, divided
- 1 tsp dried oregano, divided
- 2 cups grated cheddar cheese, divided
- 1 cup grated Parmesan cheese, divided
- 1 cup dried bread crumbs

## DIRECTIONS

Preheat oven to 350°F.

In 8-cup casserole dish, season cod with a pinch each of salt and pepper. (Tip: If using frozen cod, thaw completely and pat dry with paper towel.)

In saucepan, heat olive oil over medium heat; cook onion until softened and translucent, about 5 minutes. Add 3 tbsp of the butter and let melt; add flour, whisking. Slowly

add milk, whisking constantly until sauce is thickened and clings to back of spoon.

Stir in ½ tbsp of the lemon zest and ½ tsp of the oregano. Stir in ½ cup each of the cheddar and Parmesan and season with a pinch each of salt and pepper until well combined.

Pour cheese sauce over cod, stirring until well coated.

To make crispy bread crumb topping, in microwaveable bowl, combine bread

crumbs and remaining 2 tbsp of butter; microwave on medium-high until butter is melted. Stir in ¾ cup of the remaining cheddar and ¼ cup of the remaining Parmesan.

Cover cod mixture with remaining ¾ cup cheddar and ¼ cup Parmesan. Top with bread crumb mixture. Sprinkle with remaining ½ tbsp lemon zest, ½ tsp oregano and pepper.

Bake until bubbly and golden, about 40 minutes. Let rest for about 20 minutes before serving.



People have fished inshore in Newfoundland and Labrador for cod to sell since the 1500s, but the industry really took off in the 1800s