

MEDALLION OF LING COD

1 1/2 lbs. Ling Cod

1-cup sour cream

1/2 tsp. dill weed

1/4 tsp. dried mustard

Salt and pepper

Broil or bake fish for 8 -10 minutes, or until almost done, turning once (test for flaking with fork). Combine sour cream, dill weed, mustard and seasoning, and then spread over the fish. Glaze under boiler to brown. Serves 5-6