

## WINE-BAKED FISH WITH BUTTERED MUSHROOMS

4 fillets white fish (I used cod)  
1 cup dry white wine  
1 package sliced baby portabella mushrooms  
1-2 shallots, thinly sliced  
Handful of Italian parsley, chopped  
Salt and Pepper  
1 tablespoon butter



Preheat the oven to 425 degrees. Season the fish with salt and pepper, and place in baking dish. Pour the wine over the fish. Scatter the shallots and mushrooms over the fish. Bake at 425 degrees until fish is opaque and flakes easily with a fork, about 10-20 minutes. (The cooking time will depend on the thickness of your fish.) Remove fish to a plate and cover with foil to keep warm.

Pour the wine, mushrooms, and shallots into a medium saucepan, and bring to a boil over medium-high heat. Cook for 10 minutes, until reduced down by about half. Stir in the butter, and season with salt and pepper.

Serve the fish with sauce spooned over it.

*Recipe courtesy of Karly Vardaman, [www.kitchenpsycho.com](http://www.kitchenpsycho.com)*