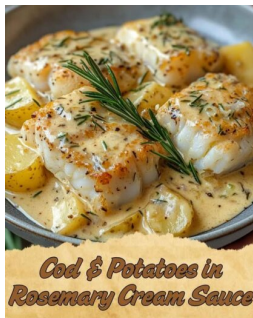


## Cod & Potatoes in Rosemary Cream Sauce: A Cozy Baked Seafood Dinner

Cod & Potatoes in Rosemary Cream Sauce



**OVEN**  
**375°F**

**TIME**  
**1 min**

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### INGREDIENTS

- 4 cod fillets
- 4 medium potatoes, peeled and sliced
- 1 cup heavy cream
- 1/2 cup chicken broth
- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 tablespoon fresh rosemary, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika
- 1/4 teaspoon nutmeg
- 1/4 cup grated Parmesan cheese
- 1 tablespoon lemon juice
- Fresh parsley, for garnish

### DIRECTIONS

1. Preheat the oven to 375°F.
2. In a large skillet over medium heat, melt the butter with the olive oil.
3. Add the minced garlic and cook for about 1 minute, until fragrant.
4. Add the sliced potatoes and cook for 5 minutes, stirring occasionally.
5. Pour in the chicken broth, cover, and let the potatoes soften for another 5 minutes.
6. Reduce the heat to low and stir in the heavy cream, chopped rosemary, salt, black pepper, paprika, and nutmeg. Simmer for 3 minutes, then remove from the heat.
7. Transfer the potatoes and cream sauce to a greased baking dish and spread them evenly.
8. Season the cod fillets with salt, pepper, and lemon juice.
9. Place the cod on top of the potatoes and sprinkle with grated Parmesan cheese.
10. Cover the dish with foil and bake for 15 minutes.
11. Remove the foil and continue baking for another 10 minutes, or until the fish is flaky and the potatoes are tender.
12. Garnish with fresh parsley and serve hot.

### SWAPS & NOTES

Cod works beautifully here because it is mild and tender, but haddock or another firm white fish can also work well.

Fresh rosemary gives the sauce its signature flavor.

If you only have dried rosemary, use a smaller amount since dried herbs are more concentrated.

Heavy cream gives the richest texture, though half-and-half can be used for a lighter result.

### TIPS FOR SUCCESS

Try to keep the cod fillets close in size so they bake evenly.

Thicker fillets may need an extra minute or two in the oven.

Do not skip the stovetop step for the potatoes.

Giving them a head start helps them become fully tender in the oven.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/cod-potatoes-in-rosemary-cream-sauce-a-cozy-baked-seafood-dinner/>