

Sauce for Cod Fish

by Nana Dow

2 tablespoons Butter
½ cup sliced Onion
¼ cup chopped Red Pepper
2 tablespoons Corn-flour
1 cup Tomato Juice
1 dessertspoon Vinegar
1 dessertspoon Worcestershire Sauce
Chopped Parsley
1x 225g (8oz) tin Creamed Corn
Salt and Pepper

Heat butter, add onion and pepper, cook till soft add corn-flour, stir until well mixed stir in tomato juice, vinegar, Worcestershire stir until thickens, remove, add parsley, corn, salt and pepper.

This would do two meals easily. So put what is over in deep freeze until you want it again.

Also cut up fresh tomatoes could be used.