* 1.5 pounds cod fillets (boneless and skinless), cut into bite-sized pieces (about 3 large fillets)
* 2 cups milk
* 1 yellow onion
* 4 tablespoons butter
* 4 tablespoons all-purpose flour
* Salt to taste
* ½ teaspoon black pepper (or to taste)
* 2 cups grated cheddar cheese
* 1 cup bread crumbs
* In a small saucepan on the stovetop, heat milk over low heat. Preheat oven to 375 degrees Fahrenheit at this point, too.
* Place cod in a casserole dish (about 8-inch x 11-inch or something similar) and sprinkle with salt. Set aside until you make the sauce. If you are using frozen cod fillets (like I did), I recommend thawing and precooking a little to remove excess moisture. Preheat oven to 350 degrees Fahrenheit and place cod fillets in baking dish and cook for about 25 minutes. Drain any excess liquid and tear the pieces of cod a little to break up. Continue with the recipe.
* Meanwhile, in another saucepan on the stovetop, cook onion in butter until softened, about 5 minutes.
* To onion, add rest of butter and let it melt. Add flour and stir to form a paste. Cook, stirring often, for about 3 to 5 minutes. Slowly add milk to this (½ cup at a time), whisking after each addition until thickened about 3 to 4 minutes or so. Sauce mixture should coat the back of a spoon. Mixture will be thick.
* To sauce mixture, add remaining salt to taste and the black pepper. Stir to combine. Pour sauce mixture over cod, coating all fish. Stir to ensure mixture is incorporated well.
* Add cheese and bread crumbs on top of sauced fish mixture. Bake in preheated oven for 40 minutes until brown and bubbly.
* Let cool about 20 to 30 minutes before serving. Enjoy!