



Parmesan-Crusted Halibut

A delicious recipe using your favourite fresh fish and products from the Dundarave Fish Market!

Serves: 4 people
Ready in: 30 minutes

Fresh Seafood



2lbs halibut fillets

Ingredients

Parsley Beurre Blanc

1 cup white wine
2/3 cup cold, cubed unsalted butter
2 tbsps chopped, fresh parsley
salt and pepper

Ingredients

2 tbsp olive oil
4 tbsp butter
1/2 cup Panko crumbs
1/2 cup grated parmesan
1/4 cup fresh herbs (parsley, chives, basil) finely chopped
Dijon Mustard
drizzle olive oil
salt and pepper

Instructions

1. Prepare Beurre Blanc: Whisk all ingredients on medium heat until butter is fully melted.
2. Preheat oven to 325 degrees F. Pat dry halibut, season with salt and pepper and quickly sear on both sides in very hot pan with olive oil. Remove from pan and place on baking tray. Brush with Dijon mustard.
3. For crust, combine bread crumbs, Parmesan, fresh herbs and a drizzle of olive oil in a bowl. Take each halibut filet and press topside down into bread-crump mixture. Take 1 tbsp butter for each piece of fish, break into little pieces, and place evenly on top of the crust. Bake for 8-10 minutes until cooked through. Drizzle with parsley beurre blanc and serve immediately.