

Herb-Crusted Halibut

25 min
CA
OR
WA
4

Ingredients

4 teaspoons lemon zest
4 teaspoons fresh dill
4 teaspoons fresh parsley leaves, chopped
4 teaspoons fresh chervil leaves, chopped
2 teaspoons black pepper
4 halibut fillets
1 1/2 teaspoons salt
4 teaspoons Dijon mustard
1 tablespoon vegetable oil

In a bowl, combine lemon zest, dill, chives, parsley, chervil, and black pepper.
Sprinkle fillets with salt and then coat one side of each fillet with 1 teaspoon of Dijon mustard.
Next, press the mustard-coated side into the lemon-herb mixture.
Add the vegetable oil to a skillet over medium-heat.
Place fillets, coated side down, into the hot oil.
Cook for 3 to 3 1/2 minutes, or until crust turns golden.
Flip and cook for another 3 minutes, until fish flakes easily when scraped with a knife.

Recipe adapted from Emeril Lagasse, Food Network

Species Group
Halibut