



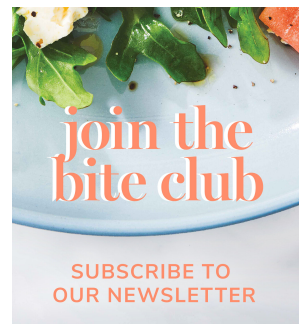
panko halibut with basil vinaigrette

Lisa's taken mild halibut and transformed it into an exciting, bursting-with-flavor, can't-believe-it's-not-fried fish, where fillets are topped with panko, along with hints of fresh herbs, lemon, and garlic, baked until tender and golden, and finished with a bright and aromatic basil vinaigrette.

SERVES: 4



julie albert & lisa gnat



ingredients

Panko Halibut

- 4 halibut fillets (6–8 oz each)
- ¾ cup panko (Japanese breadcrumbs)
- 1 tbsp chopped fresh flat-leaf parsley
- 1 tbsp chopped fresh basil
- 1 garlic clove, minced
- 1 tsp lemon zest
- ¼ tsp kosher salt, divided
- ¼ tsp freshly ground black pepper, divided
- 2 tbsp olive oil, divided
- 1 tbsp Dijon mustard

Basil Vinaigrette

- ½ cup chopped fresh basil
- ¼ cup olive oil
- 2 tsp apple cider vinegar
- 1 tsp fresh lemon juice
- 1 small garlic clove, minced
- 1 tsp shallot, minced
- ¼ tsp kosher salt
- ⅛ tsp freshly ground black pepper

directions

- 1.** For the panko halibut, preheat the oven to 400°F. Line a baking sheet with aluminum foil and coat with nonstick cooking spray. Pat the fish dry with paper towels and place on the baking sheet.
- 2.** In a medium bowl, combine the panko, parsley, basil, garlic, lemon zest, ⅛ teaspoon each of the salt and pepper, and 1 tablespoon of the olive oil. Season the halibut with remaining salt and pepper. Brush the top of each halibut fillet with the mustard. Spoon the panko mixture evenly onto the halibut, pressing down gently. Drizzle with the remaining tablespoon of olive oil. Roast the fish for 15 minutes, until the top is golden.
- 3.** While the fish cooks, prepare the basil vinaigrette. In a blender or mini food processor, combine the basil, olive oil, apple cider vinegar, lemon juice, garlic, shallot, salt, and pepper. Blend until well combined. Drizzle over the cooked fish just before serving.

“The fishing was good; it was the catching that way bad.”

— A. BEST

print

