

## **Halibut with Whole Grain Mustard Crème Fraîche and Bread Crumb Salsa**

Courtesy of Chef Amy DiBiase | Tidal

*"For the past 10 years, this halibut dish has been on my in some form or another; I'm always switching up the accompaniments. Think of this particular rendition as a lighter version of fish and chips."*



Yield: 1 serving

### **Halibut**

1 6-ounce portion halibut  
2 tablespoons canola oil  
Salt and pepper, to taste

### **Whole Grain Mustard Crème Fraîche**

3 tablespoons crème fraîche  
1 tablespoon whipping cream  
1 tablespoon whole grain mustard  
1 tablespoon fresh lemon juice  
Salt and white pepper, to taste

### **Execution**

#### **Whole Grain Mustard Crème Fraîche**

In a mixing bowl, combine all ingredients with a wire whisk. Place in the refrigerator until ready for use.

#### **Bread Crumb Salsa**

In a small nonstick frying pan over medium-heat, add the garlic and olive oil. Cook until the garlic until it begins to crackle, then add the panko bread crumbs. Toss to coat the bread crumbs in the oil and garlic, and toast in the pan until the crumbs turn golden brown. Empty the garlic bread crumbs onto a paper towel to drain. In a bowl, toss the garlic bread crumbs with the lemon zest, minced parsley and fried capers. Adjust the seasoning if needed. Store at room temperature.

#### **Halibut**

Preheat oven to 400°F. Add canola oil to a small nonstick frying pan and heat over medium-high. Season the halibut with sea salt and pepper. When the oil begins to slightly smoke, add the halibut to the pan. Sear on one side for 2-3 minutes, or until a golden crust is seen around the outside of the fish. Without flipping the halibut, please the entire pan in the oven for 7-9 minutes to finish cooking.

### **Bread Crumb Salsa**

1 tablespoon fried capers  
3 tablespoons panko bread crumbs  
1 teaspoon garlic, minced  
1/4 cup extra virgin olive oil  
Zest of 1/2 fresh lemon  
1 teaspoon Italian parsley  
Salt, to taste