

It's So Dreamy Parmesan Halibut



dukes
SEAFOOD



Serves one – multiply ingredients for more servings

Ingredients

8 oz. Wild Alaska Halibut fillet

Large pinch of Duke's Ready Anytime Seasoning

Egg wash (one egg beaten with a small splash of water)

2 Tbsp Parmesan cheese plus 3 Tbsp Asiago cheese, grated and combined

¼ cup panko breadcrumbs

2 Tbsp Let's be Clarified Butter (see tips below)

¼ cup Fill Me Up Buttercup Butta Cream Sauce (see recipe below)

12 capers

Directions:

- Fillet Halibut using the deep-skin method, which is to remove the gray matter along with the skin. If you are buying from your local fishmonger, ask them to do it. Remove bones with a needle nose pliers or special deboning tool.
- Sprinkle Halibut with Duke's Ready Anytime Seasoning and brush with egg wash.
- Cover both sides of fish with cheese mixture and panko breadcrumbs. Cook until golden brown, about 3-4 minutes per side or until fish has lost all its translucency.
- Serve on a warm puddle of Fill Me Up Buttercup Butta Cream Sauce and sprinkle with capers
- Serve Halibut with blackberries spoon over the top. Pour remaining blackberry pan juices into a small bowl and serve on the side.

Fill Me Up Buttercup Butta Cream Sauce

Ingredients:

1 cup heavy whipping cream; ½ cup unsalted butter, and juice of one lemon

Directions:

Place cream in a heavy-bottomed stockpot and reduce on medium heat by half or its original volume. Maintain temperature between 80 – 100 degrees and slowly whisk in unsalted butter. Add lemon juice. Continue to maintain temperature. If it gets too hot, it will break. If it gets too cold, it will solidify.

Tips:

Sustainable only please: Try to find Wild Alaska Halibut or Salmon in your frozen food aisle. Yes, frozen. Fish frozen within 48 hours of catch has a fresher flavor than “fresh” fish that may be older than you think. If you have a fishmonger you trust, buy all means purchase from them.

Let's be Clarified Butter. Slowly melt butter in a heavy-gauge pan. Skim the white foam off the top with a spoon. Reserve it if you like buttery popcorn. Then boil butter for about 1 minutes. When the milk solids on the bottom of the pan begin to brown, slowly pour through cheesecloth, leaving the brown specks in the bottom of the pan.

To learn more about Duke's Seafood or enjoy the full collection of recipes by purchasing Duke's Seafood's cookbook, "***As Wild As it Gets; Duke's Secret Sustainable Seafood Recipes***" visit us at www.dukesseafood.com.

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