



Baked Haddock with Brown Butter

Ingredients

1. 12-16 oz of haddock fillets or Cod, Halibut, Grouper, Pollock or Flounder
2. Salt and pepper
3. Paprika
4. Olive oil
5. 2 tablespoons of butter

Instructions

1. Preheat oven to 350 F
2. Over a baking/cookie sheet, wrap aluminum foil. Spread olive oil over aluminum to prevent sticking.
3. Add fish to the baking sheet with skin down.
4. Spread olive oil on the fish.
5. Lightly season with salt, pepper and paprika.
6. Bake for 15-20 minutes (this varies with thickness of fillet). Cook until fish flakes easily.
7. Sprinkle/pour brown butter over fish and serve.
8. Brown butter instructions:
9. Add 2 tbsp butter to a small saucepan. Soon after or when brown flakes begin to appear in butter remove from heat. Continue to whisk for 10-20 seconds.
10. Over medium/medium high heat continually whisk butter (use plastic whisk or similar for non-stick pan). Do not leave pan unattended.
11. Continue to whisk butter as foam forms.
12. Brown butter is ready to add to fish.

Serves: 3 to 4

Prep Time: 30 minutes