

Baked Halibut with Mustard Crème Fraîche

This recipe was introduced to me by my sister-in-law. Very delicious and simple recipe to make within a short period of time.

Yield: 4 portions

Ingredients:

32 oz Fresh halibut, in four 8 oz portions

1 cup Crème fraîche

2 tbsp Dijon mustard

1 tbsp Whole grain mustard

2 tbsp Shallots, minced

1 tsp Kosher salt, and more as needed

White pepper, as needed

Method of Preparation:

1. Preheat the oven to 425°F.
2. Grease an ovenproof baking dish with cooking spray or olive oil and place the fish fillets skin side down.
3. Sprinkle generously with salt and pepper.
4. Combine the crème fraîche, mustard, shallots and 1 tsp salt in a small bowl.
5. Spoon the sauce evenly over the fish fillets, making sure the fish is completely covered.
6. Bake for 10 to 15 minutes, depending on the thickness of the fish—the fish will flake easily at the thickest part when it's done. Be sure not to overcook it!
7. Serve hot or at room temperature with the sauce from the pan spooned over the top.