

Hazelnut-crusted halibut with apple salsa

Jamie Burrell, CARNATION, WA
SERVES 4 | 40 MINUTES

GRAND
PRIZE
\$500

HAZELNUT CRUST

- ¾ cup toasted, skinned hazelnuts
- ⅛ tsp. dry mustard
- ½ tsp. kosher salt
- ¼ tsp. cayenne
- 1 tbsp. lemon zest
- 1 tsp. fresh thyme leaves

FISH AND SALSA

- 4 Pacific halibut fillets, about 6 oz. each
- 3 tbsp. melted unsalted butter
- 3 tbsp. roasted hazelnut oil
- 2 tbsp. minced shallots
- 1¾ cups chopped apple such as Fuji
- 2 tbsp. lemon juice
- 2 tsp. Dijon mustard
- ½ tsp. chopped fresh thyme leaves, plus leaves for garnish
- ¼ tsp. each kosher salt and pepper
- Pinch of cayenne

- 1. Preheat** oven to 425°. Make crust: Whirl ingredients in a food processor until nuts are finely chopped.
- 2. Make fish:** Brush halibut with butter, pat nut mixture all over fish, and set on a greased baking sheet. Cook just until fish is opaque in center, 10 to 15 minutes.
- 3. Make salsa:** Heat oil in a medium frying pan over medium-low heat, add shallots and apple, and cook until slightly softened, about 2 minutes; remove from heat. In a small bowl, whisk together lemon juice and remaining ingredients; stir into apple mixture. Serve halibut with apple salsa and sprinkle with a little more thyme.

PER SERVING 435 CAL., 63% (312 CAL.) FROM FAT;
35 G PROTEIN; 35 G FAT (7.9 G SAT.); 14 G CARBO
(3.8 G FIBER); 456 MG SODIUM; 106 MG CHOL. ■



"My dad has a cabin in Alaska, so we actually catch the halibut ourselves. If we're having people over, we make the salsa a day ahead to save time" —JAMIE BURRELL



WHAT IS SUSTAINABLE FISH? LEARN MORE: sunset.com/sustainableseafood