

Hazelnut-crusted halibut with apple salsa

GRAND
PRIZE
\$500

Jamie Burrell, CARNATION, WA
SERVES 4 | 40 MINUTES

HAZELNUT CRUST

$\frac{3}{4}$ cup toasted, skinned hazelnuts
 $\frac{1}{8}$ tsp. dry mustard
 $\frac{1}{2}$ tsp. kosher salt
 $\frac{1}{4}$ 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
 $1\frac{3}{4}$ cups chopped apple such as Fuji
2 tbsp. lemon juice
2 tsp. Dijon mustard
 $\frac{1}{2}$ tsp. chopped fresh thyme leaves, plus
leaves for garnish
 $\frac{1}{4}$ 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 495 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