

mustard-roasted fish

serves 4

Nothing's easier than this roasted fish! It only takes ten minutes to make and it's good enough to serve to the fanciest company. This recipe comes from my Parisian friend Myriam Richard-Delorme, who's a wonderful cook. She serves it simply with steamed new potatoes and sautéed French haricots verts.

How chic is that?

1/2 Recipe

- 2 4 (8-ounce) fish fillets such as red snapper
- Kosher salt and freshly ground black pepper
- 4oz 8 ounces crème fraîche
- 1 1/2 T 3 tablespoons Dijon mustard
- 1/2 T 1 tablespoon whole-grain mustard
- 1 T 2 tablespoons minced shallots
- 1 T 2 teaspoons drained capers

or any white (thick) fish
ever cod is
fantastic

Preheat the oven to 425 degrees.

Line a sheet pan with parchment paper. (You can also use an ovenproof baking dish.) Place the fish fillets skin side down on the sheet pan. Sprinkle generously with salt and pepper.

or foil.

I use half this salt & pepper. Depend on your taste...

Combine the crème fraîche, two mustards, shallots, capers, 1 teaspoon salt, and 1/2 teaspoon pepper in a small bowl. Spoon the sauce evenly over the fish fillets, making sure the fish is completely covered. Bake for 10 to 15 minutes, depending on the thickness of the fish, until it's barely done. (The fish will flake easily at the thickest part when it's done.) Be sure not to overcook it! Serve hot or at room temperature with the sauce from the pan spooned over the top.

→ You can use a large fillet - it easily cuts into portions after cooking.

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