

Soy Marinated Halibut with Sesame Crust

Ingredients

1 lb Halibut Fillet, cut into serving size pieces
Black & White Sesame Seeds
All Purpose White Flour
Butter

Directions

Preheat oven to 375°. Marinate fish in soy sauce for 10 minutes. Meanwhile, mix together the black and white sesame seeds (not toasted!) with flour.

Dredge one side of fish in flour mixture to form a nice crust. In a pre-heated skillet, melt a tablespoon of butter. Place fish in the hot pan, sesame side down. Do not let the seeds burn. After a few minutes, flip fish when a nice caramel crust begins to form.

Transfer to the oven and bake, sesame side up, for an additional 4-5 minutes or until opaque throughout.

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