

Roasted Herb Fish Fillet w/ Caper Herb Beurre Blanc

4 Servings



Amount	Size	Description
		Fish
4		Filletts
		Salt and Pepper
		Olive Oil
		Herb Crust
1	Cup	Breadcrumbs
¼	Cup	Parsley leaves
1	Sprig	Rosemary
2	Sprigs	Thyme
2	Sprigs	Tarragon
		Beurre Blanc Sauce
2	TBL	Chopped Chives
2	TBL	Olive oil
3	TBL	Shallots
1	Sprig	Tarragon Leaves, Chopped
½	Cup	White Wine
1	TBL	Lemon Juice
¼	Cup	Unsalted Butter, Cubed
2	TSP	Capers
3	TBL	Small Tomatoes
1	TBL	Parsley, Chopped
6		Lemon segments, chopped



Herb Crust and Fillets

1. Place the breadcrumbs, parsley, rosemary, thyme, tarragon, and chives in a food processor. Pulse until the herbs are finely chopped and the breadcrumbs take on a pleasing, green color. Remove the mixture and place on a baking sheet.
2. Preheat oven to 550°F or use the broil setting.
3. Place the fillets on a well-oiled baking sheet and brush them with olive oil.
4. Season the fillets with salt and pepper.
5. Put the meat side of the fish into the breadcrumbs and coat evenly.
6. Then put skin side down on baking sheet. Cook in the oven for 5–8 minutes.

Beurre Blanc Sauce

1. Pour olive oil in a medium sauté pan on medium heat.
2. When the pan is hot, add the shallots and sauté until translucent.
3. Deglaze with white wine and add the tarragon.
4. Reduce the white wine.
5. Add in the lemon juice. If the contents become too reduced, add a little water.
6. Whisk the sauce, and gradually whisk in the butter.
7. Add salt and pepper. Whisk.
8. Add capers, tomatoes, parsley, and lemon segments.
9. Whisk to combine everything.
10. Taste.

