

# Mayonnaise Halibut with Crispy Breadcrumbs

SEAFOOD FEATURED: HALIBUT

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INGREDIENTS	INSTRUCTIONS
<p>Serves 4-6</p> <ul style="list-style-type: none"><li>• 2 pounds of halibut, cut into serving size pieces</li><li>• Juice and zest from half a large lemon</li><li>• 2 tablespoons minced white onion</li><li>• 1/2 teaspoon sea salt</li><li>• 1 cup panko breadcrumbs</li><li>• 2 tablespoons minced fresh parsley</li><li>• 2 tablespoons mayonnaise</li><li>• 1 egg yolk</li><li>• Salt and pepper to taste</li></ul>	<ul style="list-style-type: none"><li>– Preheat oven to 300 degrees. Line baking half-sheet with foil and spray with vegetable oil spray.</li><li>– In a bowl, sprinkle halibut pieces liberally with salt, pepper and half of the lemon juice, then set aside while preparing the crumbs.</li><li>– Melt butter in a large skillet over medium heat, add onion and ½ t. sea salt, and cook until translucent. Add panko and cook until toasty brown. Remove from heat and stir in parsley.</li><li>– Whisk together mayonnaise, egg yolk, the rest of the lemon juice and zest, and a little salt and pepper. Pat fish dry with a paper towel.</li><li>– Coat fish pieces with mayonnaise mixture, then place on baking sheet. Press crumbs into tops and sides of fillets, mounding some on top.</li><li>– Bake fish until centers are solid white but not flaky and dry (or fish registers 135 degrees on an instant read thermometer), 30-40 minutes. Rotate pan halfway through baking. If crumbs don't look dark enough, broil for a few seconds at the end of cooking.</li></ul> <p>Notes</p> <ul style="list-style-type: none"><li>– With its surprising marinade, this is an old-school Oregon Coast favorite with a twist. Mayo halibut was named over and over again as a home cook favorite in my statewide Oregon Humanities Conversation Project, “Fish Tales: Traditions and Challenges of Seafood in Oregon,” discussions.</li></ul>