

# Bob Morrissey's Favorite Rock Fish Recipe

Submitted by Martha Morrissey



## INGREDIENTS

1. Four mild white-fleshed fish fillets, such as black rockfish or Alaskan red snapper (6 – 8 ounces each).
2. Kosher salt, plus 1 teaspoon for the sauce.
3. Freshly ground black pepper, plus ½ teaspoon for the sauce.
4. 2 to 3 medium shallots.
5. 1 to 2 teaspoons capers.
6. 8 ounces crème fraiche.
7. 1 tablespoon water.
8. 2 tablespoons Dijon-style mustard.
9. 1 table spoon whole-grain mustard.

## STEPS

1. Preheat oven to 425 degrees. Line a rimmed baking sheet with parchment paper, or have a baking dish large enough to hold the fish in a single layer (the fillets can overlap slightly).
2. Season the fillets lightly on both sides with salt and pepper. Place skin side down on the sheet (or in the dish).
3. Mince the shallots (to yield 2 tablespoons) and drain the capers; place both in a medium bowl, add the crème fraiche, the water, both the mustards, 1 teaspoon salt and ½ teaspoon pepper – stir to combine.
4. Spoon the sauce over the fillets, making sure the fish is completely covered. Bake for 10 to 15 minutes, until barely cooked through.
5. Serve hot or at room temperature, with sauce from the pan (or dish) spooned over the top.

Try with these:

