White Fish with Lemon Brown Butter and Roasted Potatoes

Fish

- 2 T flour
- 2 T chopped dill (optional)
- Herbamare sea salt and freshly ground black pepper
- 1 1/2 lbs fish fillets, cut in half (turbot, haddock, cod)
- 1 T olive oil

Preheat oven to 200F.

Mix flour, dill, Herbamare and pepper on a plate or in a bag. Dip fillets into mixture.

Heat a large pan on medium-high heat and add oil. Add fish and saute a few fillets at a time for a minute per side. Continue with the remainder of the fish, keeping it warm on a platter in the oven until needed. Do not clean pan.

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Heat a large pan on medium-high heat and add oil. Add fish and saute a few fillets at a time for a minute per side, then place in the oven to keep warm. Continue with the remainder of the fish, keeping it warm on a platter in the oven until needed. Do not clean pan.

Herbed Bread crumbs

- 1 c fresh bread crumbs, baked at 350F for five minutes or until golden
- 1/2 t each dried oregano, tarragon
- 2 T chopped parsley
- 1 T unsalted butter or olive oil

Add all ingredients to the pan used to cook the fish and toss for a minute or two until browned. Transfer to an ovenproof dish to keep warm while making the **Lemon Brown Butter**.

Lemon Brown Butter

- 3 T unsalted butter
- 1 T capers
- 2 t lemon juice
- Herbamare sea salt

Heat pan to medium high and add butter. Stir for about 2 minutes until the butter turns brown, then add capers and lemon juice.

Spoon lemon brown butter over fish, sprinkle with bread crumbs and serve. Serves 4.

Roasted Potatoes

- 5 medium potatoes, cut into chunks
- 1 T olive oil
- 1 t each paprika, sumac, Herbamare sea salt

Preheat oven to 400F. Mix all ingredients. Roast potatoes for 45 minutes until done. Serve with **this ketchup**.

Jittery Cook