

Grilled (or Oven-Roasted) Fish with Herb Butter

Herb Butter

- ½ cup (1 stick) unsalted butter, at room temperature
- ½ teaspoon kosher salt
- Zest from 1 lemon
- ¼ cup minced flat leaf parsley
- 1 tablespoon finely minced shallot
- 1 scallion (green onion), finely chopped (optional)
- 1 tablespoon minced cilantro (optional)
- 1/8 teaspoon red pepper flakes (optional)

In a small bowl, mix butter with all other ingredients until well combined. (Or, use a food processor: pulse herbs, lemon zest, salt and shallot first, then add butter.) Place herb butter on a piece of parchment paper; roll and twist ends to form a log.

Refrigerate until firm or freeze until ready to use. When ready to serve, unwrap log and cut into ¼" coins. Freeze any unused coins.

Fish

- Fresh fish fillets that are about 1" thick: salmon, bluefish, sea bass, snapper, halibut, haddock, etc. (approx. 6-8 ounces per person)
- Kosher salt (1 teaspoon per pound of fish)
- 1 tablespoon olive oil
- 1 tablespoon Dijon mustard
- 1 small clove garlic, minced or pressed

Grilled:

Heat grill to medium-high. Place fish fillets skin side down in the center of a large sheet of aluminum foil. Season with kosher salt (1 teaspoon per pound of fish). Combine olive oil, mustard and garlic to make a paste; with a pastry brush or your hands, coat the fillets with the mixture. Seal top and sides of the foil to make a packet. Grill covered for 7-10 minutes; open the foil packet and cook another 3-5 minutes covered. (Do not overbake; fish should flake apart but still look moist inside.) Remove from grill and immediately top each portion with a coin of herb butter.

Oven-Roasted:

Heat oven to 425F.

On a baking sheet pan or casserole dish, arrange fish skin-side down. Season with kosher salt (1 teaspoon per pound of fish). Combine olive oil, mustard and garlic to make a paste; with a pastry brush or your hands, coat the fillets with the mixture. Bake for 10-15 minutes, or until fish flakes apart with a knife. (Do not overbake; fish should still look moist inside.) Remove from oven and immediately top each portion with a coin of herb butter.