



EASTERN FISHERIES  
ALASKA PLAICE  
LOINS WITH  
MUSTARD-TARRAGON  
CRUMB CRUST

{ Serves 4 }



### INGREDIENTS

- 8 tablespoons course fresh breadcrumbs
- 2 tablespoons chopped fresh tarragon
- ½ teaspoon grated lemon zest
- 4 teaspoons melted butter
- salt and pepper
- 4 Eastern Fisheries Alaska plaice loins
- Dijon mustard

### DIRECTIONS

1. Heat the oven to 400° F. In a small bowl, gently mix the crumbs, tarragon, lemon zest, melted butter, and a little salt and pepper.
2. Spread each fillet with 1 teaspoon mustard and season with more salt and pepper. Carefully pat the crumb topping over the surface of each fillet, pressing lightly so it sticks.
3. Brush a little oil on a small baking sheet and set the fillets on the oiled spot. Bake the fish in the hot oven until the topping is golden brown and crisp and the fish is tender all the way through when you poke it with a thin knife or skewer, about 12 to 17 minutes.

SOLE & FLOUNDER