

Halibut with Brown Butter, Lemon and Sage
By David Tanis
From New York Times Cooking

YIELD: 4 servings

TIME: 30 minutes

INGREDIENTS

About 1 1/2 pounds halibut fillets (or other firm white-fleshed fish), cut into 4 pieces

Salt and black pepper

2 tablespoons olive oil

4 tablespoons unsalted butter

12 to 15 fresh sage leaves

2 tablespoons freshly squeezed lemon juice

1/4 cup coarse homemade bread crumbs, toasted

2 tablespoons finely chopped parsley

Lemon wedges, for serving

PREPARATION

1. Season fish on both sides with plenty of salt and pepper.
2. Pour oil into a large, heavy skillet (preferably cast iron or nonstick) and set over medium-high heat. When oil is hot (but not smoking), swirl to evenly coat the pan, then add fish in a single layer. Let cook undisturbed for 3 to 4 minutes, until first side is nicely browned. Adjust the heat as needed to produce a steady sizzle and prevent scorching.
3. Flip and cook fish for about another 3 minutes, until just done. (To test for doneness, use a fork to gently probe the flesh: it should flake easily.) Transfer cooked fish to a warm platter or serving plates.
4. Make the sauce: Place skillet back on the stove over medium-high heat. Add butter and sage leaves. Cook butter, swirling the pan, until foamy and just beginning to brown, about 1 minute. Turn off heat and stir in lemon juice.
5. Spoon butter sauce and sage leaves over fish. Sprinkle with bread crumbs and parsley. Serve immediately, with lemon wedges.