
Potato & Chive Crusted Halibut Cheeks with Lemon Yogurt Sauce

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 30 minutes

12 ounces hash-browns, frozen

2 teaspoons fresh chives, chopped

salt and pepper, to taste

1/2 cup flour

2 eggs, beaten

2 pounds halibut cheeks

3/4 cup low fat yogurt

3 tablespoons lemon juice

1/2 teaspoon lemon zest

1/2 teaspoon fresh parsley, chopped

2 tablespoons olive oil

Thaw hash-browns. Mix the hash-browns with chives and add salt and pepper to taste. Flour one side of the cheeks, and then brush the other side with beaten egg. Place the hash-brown mixture on each halibut cheek (the side with the beaten egg) and pat so it will adhere.

Mix the yogurt with the lemon juice, lemon zest and parsley. Refrigerate.

Place a skillet on medium-high heat. Add 2 tablespoons of olive oil. Place cheeks in the pan hash-brown side down and sauté for 4 minutes or until golden brown. Turn cheeks, place entire pan in the oven at 350 degrees for 10 minutes to finish cooking.

To serve place a spoonful of yogurt sauce on each of the halibut cheeks.

Serving Ideas: Serve with rice pilaf or pasta.

Seafood Entrees