

COD FILETS WITH MUSTARD-TARRAGON CRUMB CRUST

(from Cooking New American, Martha Holmberg)

1/2 cup Panko breadcrumbs
2 Tbs chopped fresh tarragon
2 tsp grated lemon zest
1 Tbs melted butter
Salt and freshly ground black pepper
4 cod fillets (about 1 inch thick)
1 tsp Dijon mustard

Heat the oven to 450°F.

Mix the crumbs, tarragon, lemon zest, melted butter, and a little salt and pepper in a small bowl.

Spread each fillet with 1/4 teaspoon mustard and season with salt and pepper. Carefully pat the crumb topping over the surface of each fillet, pressing lightly so it sticks.

Brush a little oil onto a small baking sheet or shallow baking pan and set the fillets on the oiled spot (or cover the pan with parchment paper). Bake the fish in the hot oven until the topping is golden brown and crisp and the fish is tender (10 to 15 minutes). If the topping seems to be getting too dark before the fish is cooked, turn the heat down to 375°F.