

BAKED WHITEFISH WITH A LEMON AND THYME TOPPING



PREP TIME: 15 MIN | COOK TIME: 25 MIN | SERVINGS: 4

Whitefish is a lean fish that benefits from the added flavours of a topping. Rainbow Trout, Northern Pike and Walleye would also be delicious cooked this way. Enjoy!



ABOUT THE CHEF

A culinary arts professor and consultant, cooking show host, and cookbook co-author, First Nation Chef David Wolfman is an internationally recognized expert in wild game and traditional Indigenous cuisine.



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

INGREDIENTS

- 2 lbs (900 g) Whitefish fillet (or Rainbow Trout, Northern Pike, or Walleye)
- 1 tsp (5 mL) salt, divided
- 1 tsp (5 mL) ground black pepper, divided
- ¼ cup (60 mL) butter
- 1 small onion, finely chopped
- ½ tsp (2.5 mL) dried thyme
- 1 tsp (5 mL) lemon juice
- ½ cup (125 mL) bread crumbs
- Optional:** lemon wedges and fresh chopped parsley

DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Rinse and pat the fish dry with paper towel. Place on a greased, parchment paper- or foil-lined baking sheet.
3. Season the fish with ½ teaspoon (2.5 mL) of the salt and ½ teaspoon (2.5 mL) of the black pepper.
4. In a skillet, melt about half of the butter. Add the onion and gently cook for 2 minutes.
5. Add the thyme, lemon juice, salt, pepper, bread crumbs, and the rest of the butter. Allow the butter to melt. Mix well.
6. Sprinkle the topping over the fish and bake for 12 to 15 minutes.
7. Serve immediately with lemon wedges and chopped parsley, if using.

TIPS

- » Chill leftovers for up to 3 days in the fridge.
- » To freeze, let it cool, then transfer fish to food safe containers, removing all excess air, and freeze for up to 3 months. When ready to use, thaw in fridge overnight and heat to serving temperature 74°C (165°F) or higher.