

## *Idiot's Kitchen Recipe – Mustard Roasted Fish*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – Adapted from Ina Garten



### Ingredients:

4 (8 ounce) fish fillets such as Red Snapper, Flounder, or Halibut (boneless & skinless)  
8 ounces Crème Fraiche  
2 Tablespoons minced Shallot  
2 Tablespoons Dijon Mustard  
2 Tablespoons Whole Grain Mustard  
2 teaspoons (or more) Capers, drained

Preheat the oven to 425 degrees.

In a small bowl, mix 8 ounces of crème fraiche, 2 Tablespoons minced shallot, 2 Tablespoons Dijon mustard, 2 Tablespoons whole grain mustard, and 2 teaspoons (or more, if you like them) of drained capers. Mix together until smooth and well combined.

Spray a large baking dish with non-stick spray. If you have 1 large piece of fish, cut into serving size pieces before baking. Place the fish in the prepared baking dish and top with the sauce.

Note: this makes enough sauce for 4 servings but the recipe can easily be cut in half.

Bake at 425 degrees for 15 minutes until tender and flakey. For a golden top, you can run the fish under the broiler for the last minute or two but WATCH CAREFULLY so that it does not burn. Do not over-cook the fish.

Serve immediately with the sauce spooned over the top.