



**Roasted Halibut with Lemon Butter & Shallots**  
*Fresh coastal flavors from East Vancouver, Canada*

2 to 3 shallots, peeled, sliced

4 Tablespoons ghee or butter, melted, divided

Salt; fresh ground black pepper, as desired

1-1/2-pound fresh boneless halibut

2 Tablespoons lemon juice

Garnish: fresh dill sprigs; lemon slices

Serve with: Roasted Baby Potatoes and Dill Pickled Crinkle Carrot  
Cucumber Salad

Preheat oven to 375 degrees F. Line baking pan with foil; lightly grease pan.

**Prepare Shallots:** In small skillet, sauté shallots in 1 Tablespoon butter; sprinkle lightly with salt and black pepper.

**Season Halibut:** Place halibut in lightly buttered foil lined baking pan. Spread the shallots over the top of each fish; drizzle remaining melted butter and lemon juice over the fish. Season lightly with salt and black pepper.

**Roast Halibut in Oven:** Bake in preheated 375 F oven for 20 minutes or until fish reaches 140 to 145-degree F when tested. The government guideline states 145 degrees F. but many experts say that a lower temperature makes the fish very moist. The fish will just begin to flake.  
Yield: serves 4

**Cook's Note:** Fish can also be cooked at 400-degree F but watch to make sure that it doesn't dry out. If it does, baste with ghee or butter during roasting.

**Recipe Inspired by** Ali Kendall-Morris from East Vancouver; Food Day, Canada – *Putting Canada on the Menu*

**About the Recipe:** The halibut bakes in a lemon butter sauce and the shallots become a little crispy. This is a very simple way to prepare the fish and the butter keeps the fish very moist.