

Citrus Fish

Prep time 35 min Cook Time 15-20 min

Ingredients:

1 lb. Cod, Halibut, or Salmon (skinned), cut into equal size filets

1 orange or 3-4 clementines

1 lemon

white wine

orange juice

lavender

sea salt

pepper

Thyme

Preheat oven to 475 degrees

Take a 9x13 cake pan and line it with foil. Cut several slices each of the orange and the lemon. Place the fish filets into the pan, spaced equally apart. Into the pan, pour about 2 c. of orange juice (or enough to just come up the sides of the fish), being sure to pour some over the top of each filet. Next pour about ½ cup (or so) of white wine into the pan. Sprinkle top of each piece of fish with a little sea salt, a crack or two of fresh ground pepper, a little Thyme and a few buds of lavender. Also, put a few buds of lavender into the orange juice and white wine around the fish. Lastly, place one slice each of lemon and orange on top of each filet. Cover the pan with aluminum foil (clamping the edges), put into fridge, and leave to marinate for at least 30 minutes (an hour is better). Once the fish is done marinating, lift off the foil lid (but don't throw it out) and place each filet onto a slice of orange or lemon. Then put foil lid back on, and place into preheated 475-degree oven for 15 minutes.

Check fish at this point to see if it's done. If it's not quite done, put it back in for another 3-5 minutes. I find that this recipe is usually spot on at about 17 minutes. But ovens vary quite a bit, (as does the thickness of fish filets) so your timing may be different.

This fish is perfect plated with asparagus, snap peas, or broccolini.