

# **SUPPERMAN Signature Recipe**

## **Shrimp Crusted Baked Haddock**

Servings: 4

### **FOR THE FISH & SAUCE:**

- 1 1/2 pounds haddock fillets, skinned, rinsed, & patted dry
- 2 tablespoons unsalted butter
- 3 tablespoons flour
- 1 1/4 cups hot milk (whole or 2%) use microwave to heat
- 1 teaspoon Old Bay Seafood seasoning
- 3 tablespoons sherry
- 1 tablespoon fresh lemon juice
- 6 ounces cooked shrimp, minced
- salt & pepper to taste

### **FOR THE CRUST:**

- 1/3 cup panko bread crumbs
- 2 tablespoons unsalted butter
- 2 medium shallots, minced
- 1 clove garlic, minced
- 1 dash hot sauce
- 1 dash Worcestershire sauce

### **FOR GARNISH:**

- 4 slices lemon
- 1 tablespoon fresh parsley, chopped

### **DIRECTIONS:**

- preheat oven to 350 degrees

#### **TO MAKE THE SAUCE:**

- melt 2 Tbl butter in saucepan over MEDIUM HEAT
- stir in flour and cook for 1 minute... stir continuously so it does not burn
- whisk in hot milk... stirring to break any lumps
- add Old Bay seasoning, sherry, and lemon juice
- bring to boil... reduce heat & simmer until desired thickness (should be quite thick)
- adjust seasoning w/ salt & pepper
- remove from heat... cool for a few minutes... stir in the minced shrimp

#### **TO MAKE CRUST:**

- melt 2 Tbl butter in small pan over MEDIUM HEAT
- add shallots & garlic and saute until shallots soften
- stir in panko bread crumbs, hot sauce, & Worcestershire sauce until bread crumbs are incorporated

#### **TO ASSEMBLE & COOK:**

- place haddock fillets in a greased 13"x9" baking pan
- spoon shrimp sauce over each fillet to cover as thickly as possible
- bake in 350 degree oven for 20-25 minutes
- remove from oven and sprinkle crusting evenly over each fillet
- return to oven for another 5 minutes or until crust browns nicely

#### **GARNISH:**

- serve w/ lemon slices and freshly chopped parsley