

## CRISPY BROILED SABLEFISH

Yield: Makes 4 servings

### INGREDIENTS

1 cup cold water  
3 1/4 teaspoons salt, divided  
1 teaspoon sugar  
4 (6-ounce) sablefish fillets  
1 teaspoon Dijon mustard  
1 large egg white  
1/2 cup panko (Japanese breadcrumbs)  
1 tablespoon orange rind  
Cooking spray

### PREPARATION

Preheat oven to 400°.

Combine 1 cup water, 1 tablespoon salt, and sugar in a shallow dish. Add sablefish fillets; let stand 15 minutes. Remove fillets from brine; pat dry. Discard brine. Sprinkle fillets with remaining 1/4 teaspoon salt. Combine mustard and egg white, stirring with a whisk until blended. Brush mustard mixture over fillets.

Combine panko and rind. Press panko mixture evenly over top of fillets. Place fillets on a broiler pan coated with cooking spray. Bake at 400° for 10 minutes. Remove pan from oven. Preheat broiler. Broil fillets 3 minutes or until brown.

