This is a recipe inspired by Mark Bittman. He might be one of my favorite recipe chefs ever. Everything I make from one of his recipes comes out spectacular. For this fish dish, you are going to make a spread that will cover the top of the fish while it bakes in the oven. Haddock is a milder fish and this spread is definitely not mild, but it really complements the fish. BTW, you must like Cilantro too. You can also swap out any of these ingredients to your liking. This spread will also taste fantastic on just about any fish you want.

**Shopping List**

Lemons

Sesame Seeds

Olive Oil

Cayenne Pepper

Garlic

Onion

Fresh Cilantro

Salt and Pepper

* 1. ½ pounds of Haddock

**Preparation**

Make the Spread by toasting the sesame seeds until they darken and start popping. You will want to reserve some (approximately 1-2 tablespoons) of the toasted seeds for sprinkling on later as a garnish. Get your oven warmed up to 450 °F. Add 2 Tbsp Lemon juice and ½ cup sesame seeds less the amount for garnish to your food processor and blend for about 10-15 seconds. Next, add ½ cup olive oil, ¼ tsp cayenne pepper, 2 cloves of garlic, 1 onion, ¼ cup of cilantro and process until smooth. Season with salt and pepper to your taste. Layer parchment paper over a pan, drizzle a little oil, and place the haddock fillets on top of the oil. Smear each fillet with the spread you just made in your food processor. Bake the fish in the oven until cooked. (approximately 10 min) Garnish the fish with reserved sesame seeds, cilantro and a wedge of lemon.

Pairs well with an Albarino or Rose

Buon Appetito!