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Haddock is a beloved fish known for its mild flavor and flaky texture. It's a versatile option that can be prepared in various ways, but cooking haddock in the oven enhances its natural taste while keeping the cooking process simple and straightforward. Whether you're a seasoned chef or a cooking novice, mastering this technique can lead to a delicious and nutritious meal. In this guide, we'll explore everything you need to know about how to cook haddock fish in the oven, from selecting your fish to delicious serving suggestions. Understanding Haddock: A Glimpse into Its Appeal Before diving into the preparation methods, it's essential to understand what makes haddock such a popular choice among seafood lovers. Why Choose Haddock? Haddock is often celebrated for its unique characteristics: Mild Flavor: With a subtly sweet taste, haddock can be paired with various spices and sauces, making it versatile for different cuisines. Health Benefits: This fish is low in calories yet high in protein and essential nutrients, making it an excellent choice for a healthy diet. Easy to Cook: Haddock can easily be cooked in various ways, but baking is one of the simplest methods, requiring minimal preparation. Where to Buy Haddock When it comes to purchasing haddock, fresh is always best, but frozen options are also available. Look for the following when selecting your haddock: The fish should have a fresh, ocean-like scent. It should be firm to the touch and have bright, clear eyes if buying whole. Aim for fillets that are moist and free of browning or dried-out edges. Preparing to Cook Haddock in the Oven Before cooking, preparation is key. Let's discuss what you need to do to set yourself up for success. Essential Ingredients Here's a basic shopping list to prepare oven-baked haddock. Ingredient Amount Haddock fillets 1-2 pounds Olive oil 2-3 tablespoons Lemon juice 1 tablespoon Garlic powder 1 teaspoon Salt and pepper To taste Fresh herbs (such as parsley or dill) For garnish (optional) Necessary Equipment Having the right tools will make your cooking experience smoother. Ensure that you have: A baking dish or sheet Parchment paper (optional) A brush for applying oil or butter A meat thermometer (optional but helpful) Step-by-Step Guide to Baking Haddock Fish Now that you have your ingredients and tools ready, let's get into the actual cooking process. Step 1: Preheat the Oven Start by preheating your oven to 400°F (200°C). Preheating is crucial as it ensures even cooking, giving your haddock a beautifully baked texture. Step 2: Prepare the Haddock Thaw and Rinse: If you're using frozen haddock, ensure it is thoroughly thawed in the refrigerator. Rinse the fillets under cold water and pat them dry with paper towels. Seasoning: Place the haddock fillets in a baking dish. Drizzle them with olive oil and lemon juice. Sprinkle with garlic powder, salt, and pepper. You can also add any other spices or herbs you enjoy. Step 3: Baking the Haddock Arrange the Fillets: Lay the fillets skin-side down in a single layer in the baking dish. If they are thick, you may want to increase the baking time slightly. Covering (Optional): For a moist texture, cover the dish with aluminum foil. However, uncovering during the last 5-10 minutes will help develop a more appealing color and texture. Bake: Place the dish in the preheated oven and bake for approximately 15-20 minutes. The general rule of thumb is to cook fish for about 10 minutes per inch of thickness. Step 4: Check for Doneness Haddock is done when it flakes easily with a fork and reaches an internal temperature of 145°F (63°C). If it has not reached this temperature, return the dish to the oven and check every few minutes until it does. Additional Flavor Enhancements While the basic recipe is delicious on its own, you can enhance the flavor even further with a few simple additions. Herb and Citrus Butter Sauce A delightful herb and citrus butter sauce can elevate your baked haddock. Here's how you can prepare it. Ingredients: 3 tablespoons butter 1 tablespoon lemon juice 1 teaspoon chopped fresh herbs (parsley, dill, or thyme) Salt and pepper to taste Instructions: Melt the butter in a small saucepan over medium heat. Stir in lemon juice and herbs, seasoning with salt and pepper. Drizzle over the baked haddock before serving. Adding Vegetables Baking haddock alongside vegetables is a fantastic way to create a complete meal. Consider adding sliced bell peppers, zucchini, or asparagus to the baking dish – they will roast beautifully alongside the fish. Serving Suggestions Imagine pulling a perfectly baked haddock out of the oven, its mouth-watering aroma filling your kitchen. Now, it's time to think about how to serve it. Side Dishes Haddock pairs beautifully with a variety of side dishes. Here are a few suggestions: Roasted potatoes or sweet potatoes Quinoa or rice with herbs Presentation Tips Creating an appealing presentation is all about the details: Plate the Fish: Gently transfer the haddock to a plate using a spatula, ensuring you keep the fillet intact. Garnish: Sprinkle chopped fresh herbs on top and a wedge of lemon on the side for an extra pop of color. Accompanying Sauce: Serve the herb and citrus butter sauce drizzled across the fish for a touch of elegance. Final Thoughts on Cooking Haddock in the Oven Cooking haddock in the oven is not only simple but also rewarding. With its mild flavor and flaky texture, haddock can easily become a staple in your weekly meal rotation. By following the steps laid out in this guide, you can ensure a delicious, healthy meal that your friends and family will rave about. Remember, the beauty of cooking lies in experimentation. Don't hesitate to try different seasoning blends, marinades, or side dishes until you find the combination that you love most. Enjoy your culinary adventure with haddock, and happy cooking! What is haddock and why is it popular for baking? Haddock is a lean white fish found in the North Atlantic, known for its delicate flavor and flaky texture. It is often preferred for baking due to its ability to retain moisture during cooking, resulting in a dish that is both tender and flavorful. It also has a mild taste that allows it to pair well with various herbs and seasonings, making it versatile for different culinary preparations. The fish is often considered a healthier alternative to red meat and fatty fish because it is low in calories and high in protein. Additionally, haddock is a sustainable fish choice, which appeals to environmentally-conscious consumers. Its popularity in recipes, particularly for oven-baking, stems from its successful incorporation into various cuisines around the world. What are the best side dishes to serve with baked haddock? When serving baked haddock, some excellent side dishes include roasted vegetables, a fresh green salad, quinoa, or a light rice pilaf. Roasted vegetables such as asparagus, zucchini, and bell peppers complement the delicate flavor of the fish and add a colorful presentation to your plate. A green salad tossed with a zesty vinaigrette can balance the richness of the dish and keep the meal light and fresh. Another great option is to serve baked haddock with a side of starch, such as mashed potatoes or couscous. These sides can absorb the flavors from the fish, enhancing the overall experience. Including a citrusy sauce or a herb-infused butter can also elevate your dish, providing a bright contrast to the mild fish. How can I tell if the haddock is cooked properly? To determine if your baked haddock is cooked properly, you can use a fork to check its texture. The fish should flake easily when pierced gently, with the flesh appearing opaque. If the meat separates cleanly and has no translucent areas remaining, it is perfectly cooked. The internal temperature of haddock should reach 145°F (63°C) to ensure it is safe to eat. Another method to check for doneness is to observe the color and texture of the fish. Properly cooked haddock will have a pure white appearance, and its juices will run clear when tested. If the fish is still translucent or looks undercooked, it may require additional time in the oven. Always err on the side of caution, as overcooking can lead to a dry texture. What seasonings pair well with oven-baked haddock? Haddock is a versatile fish that pairs well with a variety of seasonings. Classic options include lemon, dill, garlic, and parsley, which complement the fish's natural flavors without overpowering them. A sprinkle of lemon juice enhances the freshness and brightness of the dish, while dill adds a fragrant, herbal note that enriches the overall experience. For a more adventurous flavor profile, you can experiment with spices like paprika, cumin, or chili powder. These spices add a delightful warmth to the fish and create an enticing aroma while it bakes. For a Mediterranean twist, consider using olives and capers for a pop of salty goodness, or a drizzle of olive oil mixed with herb blends such as Italian seasoning for extra depth. Can I use frozen haddock for baking, and how should I prepare it? Yes, you can use frozen haddock for baking, but it is important to ensure it is properly thawed before cooking. To do this safely, place the frozen fish in the refrigerator for several hours or overnight. If you're short on time, you can also submerge the vacuum-sealed haddock in cold water for about an hour. This ensures that the fish retains its flavor and texture during the cooking process. Once thawed, pat the haddock dry with a paper towel to remove excess moisture. This step will help achieve a nice crust when baking. You can proceed to season the fish as desired, following your favorite recipe. If you prefer a simple preparation, olive oil, salt, and black pepper are enough to create a delicious dish. How long should I bake haddock in the oven? The baking time for haddock can vary depending on the thickness of the fillets and your oven's temperature. Generally, at 400°F (200°C), haddock will need about 12 to 15 minutes to cook through. A rule of thumb is to bake the fish for about 10 minutes per inch of thickness, checking for doneness as you approach the end of the cooking time. If you're baking haddock that is coated with breadcrumbs or other toppings, you may want to increase the time slightly to allow the topping to become golden and crisp. Always monitor the fish for signs of doneness and avoid overcooking, as this can lead to a dry texture. Using a meat thermometer can also help ensure you achieve that perfect, flaky result. Can I substitute haddock with other types of fish for baking? Yes, you can substitute haddock with other types of fish when baking, though the flavor and texture may vary slightly. Popular alternatives include cod, pollock, and tilapia, all of which have a similar mild taste and flaky texture. These fish can often be used in the same recipes as haddock, adjusting seasoning and cooking times as necessary based on the thickness and moisture content of the substitute. When choosing a substitute, consider factors like freshness and sustainability. Cod, for example, is another commonly used fish that holds up well to baking. Regardless of the substitute you choose, be sure to adjust your cooking technique to ensure that the fish remains perfectly tender and flavorful, just as you would with haddock. With this baked haddock recipe, you can make flaky, buttery, tender fish in just 20 minutes. It's ready to go for your next weeknight dinner! Nobody should think that haddock is hard to cook, and I'm going to change that false belief. In truth, it's a simple, mild white fish that needs minimal seasonings to shine. Because it doesn't taste too "fishy," it's great if you don't like strong flavors but still want a filling, light, healthy dinner (ask my family!) Table of Contents. Haddock is a delicious and healthy fish that can be intimidating for home cooks to make. Many people struggle with cooking haddock so that it turns out moist, tender and flaky. Fortunately, baking haddock in the oven is one of the easiest and most foolproof cooking methods. With minimal ingredients and prep time, you can have a restaurant-quality haddock dinner on the table in under 30 minutes. This simple guide will teach you everything you need to know to cook haddock fish to perfection in the oven every time. Benefits of Cooking Haddock in the Oven Baking haddock in the oven has many advantages over other cooking methods Requires minimal preparation and ingredients. All you need is haddock fillets, butter or oil, and seasonings. Produces moist, flaky fish. The dry heat of the oven gently cooks the fish without drying it out. Infuses flavor. Basting the fish with butter or oil as it bakes keeps it moist and allows seasonings to penetrate the flesh. Easy to get consistent results. The controlled oven environment makes it simple to replicate delicious haddock time after time. Hands-off cooking. Once the haddock goes in the oven, you can focus on side dishes until it's done. Saves stove space. Unlike pan frying, baking fish frees up room on the stovetop for cooking other elements of the meal. Step-By-Step Guide Follow these simple steps for perfectly cooked oven baked haddock every time. 1. Choose Fresh or Thawed Fillets Look for raw haddock fillets that are 4-8 ounces each and at least 1/2 inch thick Thicker fillets are ideal, around 1 inch Both skinless and skin-on fillets work great. If using frozen haddock, thaw overnight in the refrigerator before baking. 2. Pat the Fillets Dry Gently pat the haddock fillets with paper towels until completely dry. This helps ensure the fish browns nicely and cooks evenly. 3. Prepare a Baking Dish Select a shallow baking dish just large enough to fit the fillets in a single layer without overlapping. Lightly coat the dish with cooking spray or butter. 4. Brush Fillets with Butter or Oil For maximum moisture and flavor, generously brush both sides of the haddock with melted butter or olive oil. About 2 tablespoons per fish is ideal. 5. Season the Fish Sprinkle both sides of the haddock fillets with desired seasonings. Kosher salt, black pepper, paprika, oregano, garlic powder and lemon juice or zest all taste delicious on haddock. 6. Arrange Fillets in the Baking Dish Place the seasoned haddock fillets in the prepared baking dish, skin side down if using skin-on fillets. They should not overlap or touch if possible. 7. Bake Uncovered Bake the haddock uncovered at 400°F for 15-20 minutes if the fillets are 1/2-inch thick or up to 30 minutes for 1-inch thick fillets. 8. Baste and Finish Baking About halfway through baking, brush the fillets again with melted butter or oil to keep them moist. Insert a fork to check for doneness when the time is up. The haddock is done when it flakes easily and is opaque all the way through. 9. Rest, Serve and Enjoy Let the baked haddock rest 5 minutes before serving. Dig in and enjoy your perfectly cooked, tender and flaky oven-baked haddock! Handy Tips for Baked Haddock Success Baste the fillets every 5-10 minutes while baking to prevent drying out. Use a meat thermometer to check for 145°F internal temp when done. Add lemon slices, tomatoes, herbs or compound butter to the baking dish for extra flavor. Broil for 2-3 minutes after baking for browned, crispy tops. Use cod, tilapia, snapper or other white fish fillets in place of the haddock. Cooking time varies based on thickness. Thinner fillets may need only 10-15 minutes. Frozen haddock works beautifully. There's no need to thaw before baking. Just extend cooking time 5 minutes. Rub fillets with mayonnaise instead of oil or butter for extra browning and crunch. Oven-Baked Haddock Recipes to Try Now that you know the basics, give one of these delicious oven-baked haddock recipes a try! Simple Lemon Baked Haddock Coat 4 haddock fillets with 2 Tbsp olive oil and seasoning salt. Bake at 400°F for 15 minutes. Squeeze fresh lemon juice on top and broil 2-3 minutes until browned. Panko Crusted Baked Haddock Brush 4 fillets with mayonnaise and coat with panko breadcrumbs. Bake at 425°F for 12-15 minutes until crispy. Mediterranean Baked Haddock Top haddock with basil pesto, diced tomato and feta cheese before baking. Finish with a squeeze of lemon. Parmesan Herb Baked Haddock Mix Parmesan cheese, breadcrumbs, oregano, parsley and paprika. Coat fillets and bake. Lemon Butter Baked Haddock Baste haddock with lemon butter while baking. Garnish with lemon slices and fresh parsley. Crispy Baked Haddock Bake seasoned haddock coated in cornmeal. Break into chunks and serve in warm tortillas with spicy sauce. Baked Haddock with Tomatoes and Olives Baked haddock fillets nestled in a flavorful tomato, olive and garlic sauce in a baking dish. Cooked haddock contain the following nutrients: Calories: 90 kcalProtein: 20 gFats: 0.55 gCalcium: 14 mgIron: 0.21 mgPhosphorus: 278 mgPotassium: 351 mgSelenium: 31.7 µgSodium: 261 mgMagnesium: 26 mgVitamin B3: 4.12 mgVitamin B6: 0.327 mgVitamin B12: 2.13 mgCholine: 79.6 mgFolate: 13 µg The mercury content of haddock is 0.055 parts per million, which is relatively low compared to most marine saltwater fish. Haddock is rated one of the best fish to eat because of its high B vitamin, protein, omega-3 fatty acids, and potassium content. Haddock is rich in B complex vitamins, a family of water-soluble nutrients humans must get diet. Niacin plays a vital role in metabolising carbs and fats into energy. It is also essential for digestion. Vitamin B6, also known as pyridoxine, aids in the digestion of protein and carbohydrates and supports brain cells. Eating 100 grams of haddock offers 4.12 mg of niacin, 2.13 mg of B12, and 0.327 mg of vitamin B6. Haddock has niacin present in it. A study shows that niacin decreases LDL cholesterol and increases HDL cholesterol levels. As a result, it prevents the thickening of artery walls and atherosclerosis. Research has proven that pantothenic acid in haddock fish lowers stress and mental problems such as depression and anxiety, promoting mental fitness. Pantothenic acid helps regulate the production of the stress hormone cortisol when one is under chronic stress. It is necessary for the regulation of hormones that is the cause of the mental condition. Low Mercury Content Most fishes carry traces of mercury, a heavy metal accumulation that causes neurological, digestive and immune disorders. Mercury contamination is the most serious among large fish. However, with just 0.055 ppm mercury, you can safely enjoy haddock twice a week. It is also one of the low-mercury fish chosen by the FDA for pregnant and nursing women. Broiled, poached, baked, and light sautéing or stir-fried haddock are low-calorie, healthy preparation for weight loss diets. Haddock has around 90 calories for every 100 grams serving portion. It is also low in fat and contains zero carbohydrates. However, haddock can add unwanted fat and calories to an otherwise healthy diet. People with hypertension and heart disease should eat less than 1,500 milligrams of sodium. Whitefish, such as haddock, can cause an allergy in a small number of people with small amounts. Eating one serving of cooked haddock provides 19% of the daily value for phosphorus and 49% for selenium. Smoked haddock gives you more selenium, around 66% of your everyday needs. Selenium boosts the antioxidant capacity of haddock and helps combat free radicals. The phosphorus mineral in haddock can also support building healthy bones and teeth. As with all white fish, it is easy to overcook or undercook haddock. Therefore, you need to take the fish off the heat when it starts to flake and is hot in the middle. The residual heat will finish the pending cooking, not leading to overcooked or undercooked haddock. Haddock has a subtle flavour and soft texture. Therefore, it relies heavily on other ingredients. Baking is the best way to cook a whole haddock and retain its nutrients. If you're roasting haddock as a whole, roast it for around 12-15 minutes per 1 pound of weight at 200°C. The haddock fillet must be pin-boned before cooking. To crisp the skin of the haddock fillet when pan-frying, place it skin-side down in a preheated pan for most of the cooking time. Then, turn the fillet over at the last minute to finish. Prep time: 10 minutesCooking time: 10 minutesTotal time: 20 minutesServings: 4 Haddock fillets: 2 pounds Onion powder: ½ tspPaprika: ½ tspGarlic powder: ½ tspGround black pepper: ½ tspSalt: ½ tspCayenne pepper: ¼ tspLemon: 1 (cut into wedges) Preheat the broiler and keep the oven rack 6 inches below the heat source. Spray a baking pan with cooking spray and line it with aluminum foil. Then, place the haddock on top of it.Mix paprika, garlic powder, onion powder, black pepper, salt, and cayenne pepper in a small bowl. Then, marinate the fish with seasoning.Preheat the oven to broil and cook the fish for 6 to 8 minutes, or until it flakes easily with a fork. Serve with lemon slices on the side. Prep time: 10 minutesCook time: 15 minutesTotal time: 25 minutesServings: 4 Milk: 3/4 cupSalt: 2 tspBrown butter: ¾ cup Grated Parmesan cheese: ¼ cup Ground dried thyme: ¼ tspHaddock fillets: 4 Olive oil: ¼ cup Preheat the oven to 500 degrees Fahrenheit.Combine the milk and salt in a small bowl. Mix the bread crumbs, Parmesan cheese, and thyme in a separate bowl. After dipping the haddock fillets in the milk, coat them with the crumb mixture. Drizzle olive oil over haddock fillets in a glass baking dish. Bake for 15 minutes on the top shelf of a preheated oven until the fish flakes easily. Prep time: 10 minutesCooking time: 45 minutesTotal time: 55 minutesServings: 2 Haddock: 250 gOlive oil: 2 tspGarlic, minced: 3 cloves Lemon zest from one lemonKosher salt: ½ tspCracked pepper: ¼ tspThyme: 1 tspOnion, thinly sliced: 1 ounce of one lemonFennel bulb, very thinly sliced: 2 tomatoes: 2 cups Preheat the oven to 400F.Cut the haddock into 4-6 pieces.Mix olive oil, garlic, salt, pepper, thyme, and lemon zest in a medium bowl. Toss the mixture with fish, and set aside. Place onion slices and fennel on a lightly oiled baking dish. Top with tomatoes, one teaspoon of olive oil, lemon juice, salt and pepper.Place in the oven for 30-35 minutes. Then, place the haddock overtop, nestling among the tomatoes. Drizzle the leftover marinade and cook for 7-8 minutes or until the fish cooks to the desired level.Remove from the oven. Add any remaining lemon juice and thyme. You should refrigerate the haddock within two hours of cooking. Refrigerate haddock in shallow airtight containers or wrap securely in heavy-duty aluminum foil to extend its shelf life for safety and quality. Cooked haddock will stay fresh in the refrigerator for 3 to 4 days if refrigerated properly. Cooked haddock can be frozen to increase its shelf life. Freeze it in closed airtight containers or freezer bags, or wrap it securely in heavy-duty aluminum foil or freezer wrap. It will keep its finest quality for around 2 to 3 months if properly stored. The freezer time indicated is for optimal quality only. Bacteria tend to develop quickly at temperatures between 40°F and 140°F. Therefore keeping cooked haddock at room temperature for more than 2 hours is not safe. A foul smell and a slimy texture are signs of rotten haddock. Therefore, discard any haddock with an odd smell, pale brownish gills, and cloudy mucus skin. In addition to correct handling and storage, checking the skin, gills, and eyes is essential to ensure a safe, high-quality seafood product. For example, an excellent quality haddock shows bright red gills with little to no mucus, bright and bulging eyes, and transparent mucus skin. Sodium occurs naturally in haddock, with 261 mg per 100 grams. Adding too much salt during cooking can increase the sodium levels in haddock. People with hypertension and heart disease should eat less than 1,500 milligrams of sodium. Whitefish, such as haddock, can cause an allergy in a small number of people with other dietary intolerances, a fish allergy may not exhibit itself until you're an adult. Hives, sneezing, headaches, respiratory issues, and, in severe cases, anaphylaxis is all haddock allergy symptoms. If you have signs and suspect you are allergic to fish, avoid eating it. Haddock provides a plethora of health advantages. Haddock is good for digestion and bone health and keeps the body's fluid levels in check. In addition, a 100 grams serving of haddock is rich in several B vitamins, including vitamins B6, B12, and niacin or B3. The healthy preparation methods for haddock include light sautéing or stir-frying, baking, broiling, and poaching. However, deep frying and adding too much salt can increase the calories, sodium, and fat in an otherwise healthy haddock. In addition, those with a fish allergy should avoid consuming it. A. Haddock is high in minerals that help strengthen bones and regulate heart rate, including selenium, magnesium, potassium, zinc, and iron. In addition, haddock is full of necessary vitamins, especially B vitamins like niacin, cobalamin, vitamin B6, thiamine, riboflavin, folate, and pantothenic acid. These vitamins play essential roles in cell and food metabolism and red blood cell production. A. Vitamins A, B12, B6, and B3 are more significant in the haddock, whereas vitamins C, E, D, B1, and B5 are higher in the cod. Moreover, haddock has a more excellent protein content, but cod has a higher calorie content. Nevertheless, cod and haddock are low-fat protein alternatives to red meat with several health benefits. A. Haddock is rich in minerals that help build bone strength and regulate heart rate, including protein, magnesium, potassium, zinc, and iron. In addition, mercury contamination is relatively lesser in haddocks. Therefore, it is also suitable for pregnant and nursing women. A. Haddock has fewer calories than salmon. Moreover, the calories in salmon come from fat, whereas most of the calories in haddock come from protein. It's also clear that salmon has a higher fat content than haddock. The high B vitamins, magnesium, and potassium levels make haddock as healthy as salmon. It is also a nutritious alternative to salmon. A. 100g of haddock contains 0.21 mg iron, according to USDA. Despite not being a prominent iron source, the combined effect of iron, B vitamins, and protein makes haddock healthy. A. Yes, haddock is rich in protein. You get around 20 grams of protein from eating 100 grams of haddock. So it is a go-to protein source for many, particularly for weight loss diets. A. One serving of cooked haddock meets more than 20% of daily needs for vitamin B12. It is also an abundant source of vitamin B5 and B6. Besides vitamins, haddock offers a healthy dose of protein, potassium, and calcium. A. Haddock is an omega-3-rich nutrient. Studies show that omega3 supports heart health. The omega-3 fats you'll find in haddock are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). A. Yes, haddock is high in cholesterol. However, the amount of cholesterol varies as per the types and serving sizes of haddock. It also changes according to how you cook and prepare haddock. For example, methods like deep frying can cause a rise in fat and cholesterol levels of haddock. A. Mercury is present in all types of fish. However, this does not imply that you should exclude fish from your diet. For example, haddock is a low mercury fish approved by the FDA. It has only 0.055 ppm of mercury, which is comparatively lesser. How To Bake Haddock Fillets In The Oven Easy and Delicious Baked Haddock Fillets Recipe Are you looking for a simple and tasty way to prepare haddock fillets? Baking haddock fillets in the oven is a great option that allows you to enjoy the natural flavors of the fish while keeping it moist and tender. Whether you're a seasoned chef or a beginner in the kitchen, this recipe is easy to follow and sure to impress your family and friends. Ingredients: 4 haddock fillets 2 tablespoons of olive oil 1 teaspoon of garlic powder 1 teaspoon of paprika Salt and pepper to taste Fresh lemon wedges for serving Instructions: Preheat your oven to 375°F (190°C). Place the haddock fillets on a baking sheet lined with parchment paper. Drizzle the fillets with olive oil and season them with garlic powder, paprika, salt, and pepper. Place the baking sheet in the preheated oven and bake the haddock fillets for 15-20 minutes, or until they are opaque and flake easily with a fork. Once the haddock fillets are cooked, remove them from the oven and let them rest for a few minutes. Serve the baked haddock fillets with fresh lemon wedges on the side for a burst of citrus flavor. That's it! In just a few simple steps, you can have delicious baked haddock fillets ready to enjoy. This recipe is versatile and can be paired with your favorite side dishes such as roasted vegetables, rice, or a fresh salad. Tips for Perfectly Baked Haddock Fillets: Ensure that the haddock fillets are evenly sized for even cooking. For added flavor, you can sprinkle some fresh herbs such as parsley or dill on the fillets before baking. If you prefer a crispy texture, you can broil the haddock fillets for an additional 2-3 minutes at the end of the baking time. Be careful not to overcook the haddock fillets as they can become dry. Keep an eye on them towards the end of the cooking time. Whether you're cooking for a weeknight dinner or entertaining guests, this baked haddock fillets recipe is a winner. It's healthy, flavorful, and can be on the table in no time. Give it a try and savor the deliciousness of perfectly baked haddock fillets! Want to share your tips for baking haddock fillets in the oven? Join the discussion in the Cooking Techniques forum and let's talk about how to achieve the perfect flaky, tender fish every time. What temperature should the oven be set to for baking haddock fillets? Preheat the oven to 400°F (200°C) for baking haddock fillets. This temperature ensures that the fish cooks evenly and develops a nice golden crust. How should the haddock fillets be seasoned before baking? Season the haddock fillets with salt, pepper, and any other desired herbs or spices. A simple combination of salt, pepper, and a squeeze of lemon juice works well to enhance the natural flavor of the fish. What is the recommended cooking time for haddock fillets in the oven? Bake the haddock fillets for approximately 15-20 minutes, or until they are opaque and easily flake with a fork. The exact cooking time may vary depending on the thickness of the fillets. Should the haddock fillets be covered while baking in the oven? It is not necessary to cover the haddock fillets while baking. Leaving them uncovered allows the heat to circulate around the fish, ensuring that it cooks evenly and develops a nice texture on the outside. How can I prevent the haddock fillets from drying out during baking? To prevent the haddock fillets from drying out, you can brush them with a thin layer of olive oil or melted butter before baking. This helps to lock in moisture and keep the fish tender and flavorful. Can I add any additional ingredients to the haddock fillets before baking? Yes, you can add additional ingredients to the haddock fillets before baking. This not only enhances the flavor but also adds nutrients. Some ideas include fresh herbs like parsley, dill, or thyme, sliced onions, or a squeeze of lemon juice. These additions can complement the flavors of the fish. Read Next: How To Bake A Cake With Coconut Flour Without Eggs This baked haddock recipe consists of tender and flakey fish coated in a seasoned, crispy breading that is just to die for. It's honestly just so good, and so easy to make. In fact, 5 minutes is all you need to prepare this baked haddock, then the oven takes care of all of the cooking. The Best Baked Haddock This baked haddock tastes as if it came straight from a restaurant. It has a perfectly tender and flaky texture and a garlicky, buttery flavor. Plus, the breading on it is as crunchy as could be. Gab, it's just so good! I'll even go as far as saying that this might just be the best fish fillet recipe you will ever make Plus, along with being delicious, this oven baked haddock is really easy to make too. The entire recipe takes under 30 minutes from start to finish to whip up. Not to mention, the only work you really are responsible for is breading the haddock fillets. Then, the oven does all of the heavy lifting/cooking. By the way, while it's baking, I highly recommend making some sides to go with this haddock recipe since you'll have a bit of time to kill while it's cooking - that's what we usually do when we make it anyway. I love serving it with these redskin mashed potatoes, this carrot casserole, and these honey glazed carrots. Ingredients Needed Haddock- fresh fish or frozen fish filet. Thaw the frozen haddock fillets before starting the recipe. Breadcrumbs- plain bread crumbs or panko bread crumbs works for the crunchy topping. Sometimes, I'll mix in Parmesan cheese, too. Garlic powder and onion powder- for a depth of savory flavor. Paprika powder- to add a slight spice. Salt and pepper- for more flavor. Butter- melted butter to help the bread crumbs stick. Lemon and fresh parsley- optional for serving. By the way, you can use almost all of these ingredients to make this baked cod with panko and deep fried salmon, so if you like crispy fish, I definitely recommend giving those a try next! How To Bake Haddock As I've mentioned, this oven baked haddock recipe is super easy to make. Honestly, it's one of the easiest fish recipes you'll find. All you have to do is make the bread crumb topping, coat the fillets in it, and then let them bake in the oven. So, with all of that said, let's not waste any more time and get cooking! Step 1: Prep Work First things first, you'll want to preheat the oven to 350°F (180°C) and line a baking sheet - or dish - with parchment paper. Now, at this point, you'll want to pat your haddock fish fillets dry with some paper towels. Then, once those are dry, you can season both sides of the fish fillets with salt and pepper and put them on the baking sheet or dish. Step 2: Bread The Haddock So, now that the haddock fillets are ready, you can prepare the breading components. Start by mixing the breadcrumbs, garlic powder, onion powder, paprika, and salt - in a medium bowl. Then, melt the butter in a separate bowl, pour it into the breadcrumb mix, and stir everything together until combined. Once the bread crumb topping is ready to go, you can sprinkle it evenly on top of each fish fillet so the top of each one is fully covered. Step 3: Bake The Haddock So, now that the haddock is covered in the flavorful, crunching topping, you can pop it in the oven and bake it for about 15 minutes. Then, after you cook haddock for 15 minutes, you can check on it and see if its internal temperature has reached 145°F. If it has, then the fish is fully cooked, and you can remove it from the heat. Finally, serve with a squeeze of lemon juice, some fresh parsley on top, and even a sprinkle of grated parmesan cheese, and enjoy! How To Store Cooked Haddock and Reheat This recipe for baked haddock will make about 4 servings. But, with that said, this recipe is super easy to double - or triple - if you're serving it to a large group or want to have leftovers. Speaking of leftovers, you can store the cooked fish in an airtight container in the fridge for about 3-4 days. Now, I'm not going to lie, the leftover haddock is actually pretty tasty and cold. But, of course, you can totally reheat it too and enjoy it warm as well. With that said, to reheat the haddock, you'll just want to put it on a wire rack set on top of a baking sheet and warm it in the oven at 275°F for about 10 minutes, or until warm. Frequently Asked Questions What temperature should baked haddock be? Baked haddock should be cooked until the internal temperature reaches 145°F. If the fish flakes easily, this is also a good indicator that it is fully cooked. How long should haddock be cooked for? The cooking time is going to vary depending on the recipe. For this baked haddock recipe, about 15 minutes is all it takes to cook it. What temperature should fish be baked at? The cooking temperature for fish will depend on the recipe, the type of fish you are cooking, and the thickness of the fish. Semi-thick haddock filets are best cooked at 350°F. Is it better to bake fish covered or uncovered? Haddock - and all other white fish - should be cooked uncovered. Cooking the haddock uncovered will also help crisp up the breadcrumbs. More Seafood Recipes If you're looking for more delicious seafood recipes that taste like they're from a restaurant, we have a ton on the blog that you can try next! Here are some of our most popular ones: Oh, and for even more deliciousness, don't forget to follow us along on TikTok, Youtube, and Instagram. We post new tasty recipes on them daily. Preheat the oven to 350°F (180°C). Line a baking sheet or dish with parchment paper. Cut the haddock into big fillets. Pat it dry with a kitchen towel and season with salt and pepper. Put on baking sheet. In a bowl, mix breadcrumbs, garlic powder, onion powder, paprika, and salt. Add the melted butter and mix. Spread the breadcrumbs on top of the fillets and bake for 15 minutes. Serve with lemon juice and parsley. 1 serving Amount Per Serving: Calories: 222Total Fat: 7gSaturated Fat: 0gTrans Fat: 0gUnsaturated Fat: 0gCholesterol: 0mgSodium: 0mgCarbohydrates: 9gFiber: 0gSugar: 0gProtein: 28g Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. How can financial brands set themselves apart through visual storytelling? Our experts explain howLearn MoreThe Motorsport Images Collections captures events from 1895 to today's most recent coverage.Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of Editors' Picks.Browse Editors' FavoritesHow can financial brands set themselves apart through visual storytelling? 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Harness the power of data-driven health: AI Ria anticipates your needs, offering insights and notifications to steer your daily choices towards a healthier future. No crash diets, only balanced nutrition, with foods you love to eat. Customised diet and workout plan as per your need anytime with AI Coach Ria. Unlock a wealth of health information and discover personalized insights tailored based on your health data with AI Coach Ria. Redefine fitness with HealthyRx. Expert guidance from the world's best coaches. Haddock is a delicious, affordable white fish with a delicate flavor and flaky texture similar to cod. The versatile meat lends itself well to quick cooking methods that keep it tender. In this article, I will instruct you how to cook haddock fillets in 4 different ways. 1. How To Cook Haddock Fillets on Stove (Pan-Fried Recipe) Ingredients 3 haddock fillets Salt and pepper to taste 1/4 cup all-purpose flour 1 teaspoon onion powder 1 teaspoon garlic powder 2 tablespoons vegetable oil or butter Lemon wedges for serving Fresh herbs such as parsley or dill for garnish (optional) Instructions Pat the haddock fillets dry with paper towels and season them with salt and pepper on both sides. In a shallow dish or plate, combine the flour, onion powder, and garlic powder. Dredge each haddock fillet in the flour mixture, ensuring they are evenly coated. Shake off any excess flour. Heat the vegetable oil or melt the butter in a large skillet over medium heat. Once the oil or butter is hot, carefully add the haddock fillets to the skillet. Cook for about 3-4 minutes on each side, or until the fish is golden brown and easily flakes with a fork. Once cooked, remove the haddock fillets from the skillet and transfer them to a serving plate. Serve the pan-fried haddock with lemon wedges on the side for squeezing over the fish. Optionally, garnish the haddock with fresh herbs such as parsley or dill for added freshness and presentation. 2. How To Cook Haddock Fillets in Air Fryer Ingredients 4 haddock fillets 2 tablespoons olive oil 1 teaspoon Italian seasoning 1 teaspoon garlic powder 1 teaspoon paprika 1/2 teaspoon kosher salt 1/2 teaspoon black pepper Lemon wedges for serving Fresh parsley for garnish (optional) Instructions Preheat your air fryer to 400°F (200°C) for a few minutes. In a small bowl, combine the oil, Italian seasoning, garlic powder, paprika, kosher salt, and black pepper. Pat the haddock fillets dry with paper towels. Brush both sides of each fillet with the olive oil and seasoning paste, ensuring they are evenly coated. Place the seasoned haddock fillets in the air fryer basket and let them rest for a few minutes. Serve the haddock fillets with fresh lemon wedges on the side for squeezing over the fish. Garnish with fresh parsley if desired. 3. How To Cook Haddock Fillets in Oven (Baked Recipe) Ingredients 4 haddock fillets Salt and pepper to taste 1/2 cup Panko breadcrumbs 1 teaspoon paprika 2 tablespoons melted butter or olive oil Lemon wedges for serving Fresh parsley for garnish (optional) Instructions Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper or aluminum foil for easy cleanup. Place the haddock fillets on the prepared baking sheet. Season both sides of the fillets with salt and pepper to taste. In a shallow dish, combine the Panko breadcrumbs, paprika, and a pinch of salt and pepper. Brush each haddock fillet with melted butter or olive oil. Press each fillet into the Panko breadcrumb mixture, ensuring the breadcrumbs coat the surface evenly. Place the coated haddock fillets on the baking sheet. Drizzle any remaining melted butter or olive oil over the top. Bake the haddock fillets in the preheated oven for about 12-15 minutes, or until the fish is opaque and flakes easily with a fork. Once cooked, remove the haddock fillets from the oven and let the haddock fillets rest for a few minutes. Serve the oven-baked haddock fillets with lemon wedges on the side for squeezing over the fish. Garnish with fresh parsley if desired. 4. How To Cook Haddock Fillets on Grill Ingredients 4 large haddock fillets 2 tablespoons olive oil 2 tablespoons lemon juice 2 cloves garlic, minced 1 teaspoon dried herbs (such as thyme, rosemary, or parsley) Salt and pepper to taste Lemon wedges for serving Fresh herbs for garnish (optional) Instructions Preheat your grill to medium-high heat. In a small bowl, whisk together the olive oil, lemon juice, minced garlic, dried herbs, salt, and pepper. Pat the haddock fillets dry with paper towels and place them on a plate or shallow dish. Brush both sides of each haddock fillet with the olive oil and lemon juice mixture, ensuring they are well coated. Place the haddock fillets on the preheated grill and cook for about 4-5 minutes per side, or until the fish is opaque and easily flakes with a fork. The cooking time may vary depending on the thickness of the fillets. While grilling, you can brush the fillets with any remaining marinade for added flavor. Once cooked, remove the haddock fillets from the grill and transfer them to a serving platter. Serve the grilled haddock with lemon wedges on the side for squeezing over the fish. Garnish with fresh herbs if desired. June 20, 2024 Cooking haddock to perfection can transform your meals with its delicate flavour and firm texture. Here's a comprehensive guide on how to cook haddock, including essential tips and delicious recipes to try. Tips for Cooking Haddock 1. Choosing Fresh Haddock: Look for firm, translucent flesh with no strong odour. Fresh haddock should smell like the sea. With Larry's Catch Haddock, you'll notice when you thaw it, there is no strong "fish" smell - simply a pleasant and subtle scent of the Atlantic 2. Preparation: Rinse the haddock fillets under cold water and pat them dry with paper towels. If you're not sourcing from Larry's Catch, you may need to remove any remaining bones using fish tweezers. 3. Seasoning: Season the haddock with salt, pepper, and your favourite herbs or spices. Lemon juice and garlic are great complements. 4. Cooking Methods: Baking: Preheat your oven to 400°F (200°C). Place the seasoned haddock on a greased baking sheet and cook for 10-15 minutes until the flesh flakes easily with a fork. Grilling: Preheat the grill to medium-high heat. Place the haddock on a pre-oiled grill grate and cook for 3-4 minutes per side. Pan-Frying: Heat a tablespoon of oil in a pan over medium heat. Cook the haddock for 3-4 minutes per side until golden brown and cooked through. 5. Serving Suggestions: Serve haddock with a side of roasted vegetables, a fresh salad, or over a bed of rice or quinoa. Delicious Haddock Recipes 1. Baked Lemon Garlic Haddock. Ingredients: Fresh haddock fillets, lemon juice, garlic, olive oil, salt, pepper, parsley. Instructions: Preheat the oven to 400°F. Mix lemon juice, garlic, and olive oil in a bowl. Brush the mixture over the haddock fillets, season with salt and pepper, and bake for 12-15 minutes. Garnish with fresh parsley. 2. Grilled Haddock with Herb Butter. Ingredients: Haddock fillets, butter, mixed herbs (thyme, rosemary, parsley), salt, pepper. Instructions: Preheat the grill. Melt butter and mix with herbs, salt, and pepper. Brush the haddock with herb butter and grill for 3-4 minutes on each side. Serve with a drizzle of remaining herb butter. 3. Pan-Fried Haddock with Garlic and Capers. Ingre:nts: Haddock fillets, garlic, capers, olive oil, salt, pepper. Instructions: Heat olive oil in a pan. Add minced garlic and capers, sauté for 2 minutes. Add haddock fillets and cook for 3-4 minutes per side until golden brown. Discover our premium fresh haddock fillets perfect for these recipes. By following these tips and recipes, you can cook haddock to perfection, impressing your family and friends with delicious and healthy meals.