



Let's Do This at Home!

Recipes and Inspiration That Make it Easier to Stay at Home

Edition # 26

Halibut is one of the most delicious fish in the sea! It's mild, firm, white flesh adapts to a plethora of tasty recipes that you'll want to make starting now and throughout spring and summer!

Halibut with Cumin and Avocado

1 teaspoon cumin seeds	2 teaspoons fresh lemon juice
1 tablespoon extra-virgin olive oil	½ cup cilantro leaves plus sprigs, for garnish
1 tablespoon thinly sliced shallot	Salt and freshly ground pepper
½ cup bottled clam juice	4 6-ounce halibut fillets, about 1 inch thick
2 firm, ripe avocados - halved, pitted and sliced lengthwise ¼ inch thick	2 medium tomatoes - peeled, seeded, and coarsely chopped

In a small skillet, toast the cumin over moderate heat until fragrant, about 30 seconds. Transfer to a plate to cool.

Heat the olive oil in a small skillet. Add the shallot and cook over moderate heat until softened, about 2 minutes. Add the clam juice and simmer for 3 minutes; transfer to a blender. Add an avocado half, the lemon juice and cilantro leaves and blend until smooth. Scrape the sauce into a small saucepan and season with salt and pepper.

Season the halibut with salt and pepper and sprinkle the cumin seeds on both sides, pressing to adhere. Add 3 inches of water to a steamer and bring to a boil over high heat. Transfer the fish to the steamer basket, cover and cook over moderate heat for 2 minutes. Uncover and spoon some of the tomatoes on top of each fillet. Cover and steam until the fish is just opaque throughout, about 3 minutes more.

Gently reheat the avocado sauce, but do not boil. Transfer the fish to plates and pour the sauce alongside. Garnish with the remaining avocado slices and cilantro sprigs and serve at once. Makes 4 servings.

Grilled Halibut with Mango Salsa

1 large, ripe mango	Salt
2 serrano chiles, minced	Freshly ground pepper, to taste
1 tablespoon finely chopped cilantro	4 6-ounce halibut fillets or steaks
1 tablespoon finely chopped fresh mint	2 tablespoons extra virgin olive oil
¼ cup finely diced jicama	2 limes, cut in wedges, for serving
2 tablespoons freshly squeezed lime juice	

Finely dice the mango and toss in a bowl with the chiles, cilantro, mint, jicama, and lime juice. Season with salt. Cover the bowl and allow to sit for an hour while you prepare your grill.

Heat a medium-hot grill (or heat an indoor griddle or grill pan). Season the halibut fillets or steaks with salt and pepper and toss with the olive oil in a bowl. Place the fish directly over the coals, and grill for four to five minutes per side, depending on the thickness. The fish should be opaque all the way through, and you should be able to pull it apart with a fork.

Remove the fish to a plate or a platter. Serve with the salsa spooned partially over the fish and partially on the side. Alternatively, spoon the salsa onto plates and set the fish on top. Garnish with lime wedges and serve. Makes 4 servings.

Baked Halibut with Parmesan Crumb Topping

Nonstick cooking spray	½ teaspoon onion powder
4 (6-ounce) halibut fillets	¼ teaspoon kosher salt
3 slices of sandwich bread	1 dash ground black pepper
2 tablespoons grated Parmesan cheese	2 tablespoons unsalted butter, melted
1 tablespoon finely chopped fresh parsley	Lemon wedges
½ teaspoon garlic powder	

Heat the oven to 450°F. Spray a rimmed baking sheet with nonstick cooking spray or line the pan with nonstick foil.

Arrange the fillets on the prepared baking sheet, skin-side down.

Tear the bread into pieces and put in the food processor. Pulse until the breadcrumbs are fine.

In a medium bowl, combine the crumbs with the Parmesan cheese, parsley, garlic and onion powders, salt, pepper, and melted butter. Mix well.

Sprinkle the buttery seasoned breadcrumbs on the halibut pieces; pat down to help the crumbs adhere to the tops of the fish fillets.

Bake the halibut fillets for about 10 to 12 minutes, or until the fish registers 145°F on an instant-read thermometer. Alternatively, test the fish for flaking with a fork.

Serve the halibut with fresh lemon wedges. Makes 4 servings

Roasted Niçoise Salad with Halibut

1½ pounds Yukon Gold potatoes, cut into 1½-inch pieces	½ cup pitted Kalamata olives, halved
2 (12-ounces) jars marinated artichoke hearts, drained	1½ pounds skinless halibut fillets
5 tablespoons extra-virgin olive oil, divided	½ cup mayonnaise
1¼ teaspoons kosher salt, divided	1 teaspoon finely grated lemon zest
1 teaspoon freshly ground black pepper, divided	3 tablespoons fresh lemon juice
1 pound green beans, trimmed	¼ cup basil leaves

Place a rimmed baking sheet on center rack of oven; preheat to 450°F.

Toss potatoes, artichokes, 3 tablespoon oil, ½ teaspoon salt, and ¼ teaspoon pepper in a large bowl. Arrange in an even layer on preheated sheet and roast, tossing once halfway through, until nicely browned, about 18 minutes.

Toss green beans, olives, 1 tablespoon oil, and ¼ teaspoon salt in same bowl. Season fish on both sides with ½ teaspoon salt and ¼ teaspoon pepper, then coat with remaining 1 tablespoon oil.

Remove baking sheet from oven and push potatoes and artichokes to one side, taking up about a third of the pan. Place fish on another third, then bean mixture on remaining third. Roast until fish is cooked through, about 8 minutes.

Meanwhile, whisk mayonnaise, lemon zest, lemon juice, and remaining ¼ teaspoon salt and ½ teaspoon pepper in a small bowl.

Flake halibut into pieces and transfer to a platter. Serve with roasted vegetables and sauce alongside. Top with basil. Makes 4 servings.

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