

# Baked Halibut with Sicilian Pesto

Halibut season will run into November so, before it's over, let's have some baked halibut with Sicilian pesto. Brussels sprouts are a treasure trove of phytonutrients and rich in vitamin K, so I've put them into tonight's menu as well.

The trick to enjoying sprouts is good seasoning and not over cooking. Tonight they're wrapped in a delicious honey/orange sauce and baked to perfection. You'll get a little sweetness and acidity of citrus combined with the earthy and tangy flavor of the sprouts.

**Preparation time: 45 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize tonight's ingredients so they are easy to add when the recipe calls for them. Check to see if you have leftover Sicilian Pesto before making another batch.

### Caramelized Baked Potatoes

3 medium red potatoes  
(scrubbed and halved)  
1 tsp. olive oil

### Baked Halibut

1 tsp. low-sodium soy sauce  
1 T. lemon juice  
16 oz. frozen halibut (thawed)

### Brussels Sprouts

#### Honey/Orange Sauce:

1 tsp. olive oil  
3 T. orange juice  
1/2 tsp. Dijon mustard  
1/2 tsp. honey  
1 tsp. lemon juice  
pinch of salt

#### Brussels Sprouts:

14 fresh Brussels sprouts (washed and halved)  
2 tsp. canola oil

### Sicilian Pesto

1/2 C. slivered almonds (toasted)  
2-1/2 C. washed basil leaves  
1/4 C. fresh marjoram leaves  
2 whole cloves garlic (peeled)  
1/3 C. olive oil  
1/2 C. shredded Parmesan cheese

### Potato Topping and Apple Finish

1/2 C. fresh tomato salsa  
2 tsp. thick, plain nonfat yogurt  
  
1/2 of a honey crisp apple (cored and thin sliced)

Preheat Oven to 400°

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

The potatoes take the longest to cook, so you'll start with them. You should have Sicilian Pesto in the fridge from last week. If not, make some tonight. Use salsa you have on hand or commercial tomato salsa of choice.

### Caramelized Baked Potatoes and Dinner Baking Instructions

Place halved potatoes face-down on one end of an oiled cookie sheet in 400° oven. Bake the potatoes a total of 30 minutes. Set a timer for 15 minutes and turn potatoes. When the timer sounds, add the Brussels Sprouts to the cookie sheet with the potatoes. Also place prepped fish in the oven with the Brussels Sprouts and Potatoes. Bake all items together for the final 15 minutes.

#### Baked Halibut:

#### **Baked Halibut with Brussels Sprouts**

1. Mix lemon juice and soy sauce in a small bowl.
2. Place halibut skin-side-down in an oiled baking dish and dress it with lemon juice sauce.
3. Hold halibut while preparing the Brussels Sprouts.

#### Brussels Sprouts:

1. Whisk together oil, orange juice, mustard, honey, lemon juice and a salt in a medium-sized bowl. Toss halved sprouts in the mixture.
2. When the timer sounds, lift dressed sprouts from bowl with a perforated spoon and place face-down on the cookie sheet with the potatoes. (Save the orange juice mixture.)
3. Slide baking dish with fish into oven along with the Brussels Sprouts and Potatoes.
4. You're now baking the potatoes, fish and sprouts at the same time for the next 15 minutes. Turn the sprouts at 8 minutes.

Toss the sprouts in the juice mixture again when they come out of the oven before plating them.

### Sicilian Pesto

1. Place all Sicilian Pesto ingredients in food processor and grind until fine.
2. Store remaining pesto in the fridge in a container with a tight-fitting lid.
3. Cover exposed pesto with olive oil before sealing the lid and refrigerating.

### Plate Meal

Use 2/3 of the halibut tonight and store the leftovers for Friday's meal. Spread tonight's baked fillets with 2 tsp. pesto per fillet and place on dinner plates. Flank halibut fillets with 1/2 of the Brussels Sprouts and potatoes. Each diner will get 3 potato halves. On each potato half, spoon 2 tsp. fresh tomato salsa and a dollop (1 tsp.) of thick yogurt.

Serve the apple slices on the side.

### What I've Learned from this Recipe

Just a reminder about purchasing halibut. Frozen halibut is available year-round, and it may be your only option in many parts of the country. Today, fish are flash frozen on commercial fishing boats within minutes of being caught, so they behave and taste like fresh caught during cooking. Frozen halibut may also be less expensive.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)