

Gingered Halibut with Seared Fennel and Onions

Here's a delicious version of baked halibut with a unique yogurt/ginger and caramelized shallot sauce. It's surrounded by crispy sliced potatoes and seared fennel and red onions. Frozen halibut may be the only halibut you can find at this time of year. If you can't find halibut, haddock stands in as a worthy substitute.

Preparation time: 45 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

If using frozen halibut, thaw a frozen fillet in the fridge during the day. Prep and organize tonight's ingredients on small plates or in bowls so they are easy to add when the recipe calls for them. There are 2 different onion preps: 1 C. thin-sliced red onion for the Seared Vegetables and 1 thin-sliced and chopped shallot for the Ginger Sauce.

Roasted Potato Slices

3 medium red potatoes
(scrubbed and sliced into 1/8" rounds)
1 tsp. olive oil
a pinch of salt

Seared Vegetables

3 tsp. olive oil
2 C. fresh fennel (thin-sliced and halved)
1 C. red onion (thin-sliced and quartered)
2/3 C. carrot (shredded)
1 clove garlic (smashed and chopped)
1 T. rice wine vinegar
2 T. low-sodium vegetable broth
1/2 tsp. salt
1/2 tsp. black pepper

3 T. fresh cilantro leaves (chopped)

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Ginger Sauce:

1 tsp. olive oil
3 T. shallot (finely chopped)
(You may also use sweet onion)

1/2 tsp. grated fresh ginger
2 tsp. lemon juice
1/3 C. plain, nonfat yogurt
1/2 tsp granulated sugar

Baked Halibut:

1 tsp. low-sodium soy sauce
1 T. lemon juice

10 oz. frozen and thawed halibut

Preheat Oven to 400°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by cooking the potatoes since they take the longest to cook. Next prepare the ginger sauce and let the flavors mingle while you assemble the rest of the meal.

Roasted Potato Slices

Place sliced potatoes on oiled cookie sheet, sprinkle with salt and place in a 400° oven. Bake the potato slices a total of 30 minutes. Set a timer for 15 minutes and turn potatoes. You'll put the fish in the oven when you turn the potatoes. You want the potatoes to get slightly crispy.

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Ginger Sauce:

Heat oil in a small sauté pan and toss thin-sliced shallots until browned. Remove from heat and combine browned shallots with ginger, lemon juice, yogurt and sugar. Set aside.

Baked Halibut:

1. Mix soy sauce and lemon juice together.
2. Place halibut fillets (skin-side-down) in a lightly-oiled baking dish and cover with lemon juice mixture. Bake 15 minutes while the potatoes finish cooking.
3. Remove fillets and potatoes from oven and set on the back of the stovetop until ready to serve.

Seared Vegetables:

Seared Vegetables and Plate Meal

1. Measure olive oil into a large sauté pan. Heat oil until it shimmers.
2. Slide fennel, onion and carrot into pan. Sear until fennel and onion are charred on edges. Add the garlic and toss until garlic becomes fragrant. Reduce heat to medium.
3. Mix rice wine vinegar, broth, salt and pepper in a separate bowl and pour over seared vegetables. Toss 2 minutes over heat to mix well. Remove from heat and serve.
4. Plate the meal:
Divide seared fennel/onions between plates along with roasted potato slices. Use 1/2 of the halibut tonight. Spread 1 T. of Ginger Sauce over each fillet and place on dinner plates next to potatoes. Sprinkle fillets and seared veggies with fresh chopped cilantro.

What I've Learned from this Recipe

I mentioned using frozen halibut at the beginning of this recipe. That's because halibut season starts later in the year.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com