

Gingered Halibut with Seared Fennel and Onions

This version of Halibut is one of my favorites. It's served with a delicious ginger/yogurt sauce and accompanied by caramelized potato slices. Seared fennel, red onions and carrots finish the plate.

Cook a total of one pound of halibut today. Save one 6 oz. piece of cooked halibut for Friday's meal of Pasta with Halibut.

Preparation time: 45 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize tonight's ingredients on small plates or in bowls so they are easy to add. You'll appreciate having everything prepped as you cook this meal.

Roasted Potato Slices

3 medium red potatoes (scrubbed and sliced into 1/4" rounds)
1 tsp. olive oil
a pinch of salt

Seared Vegetables

2 tsp. olive oil
2 C. fresh fennel (thin-sliced and halved)
1 C. red onion (thin-slices and quartered)
1 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)

Gingered Halibut

Ginger Sauce:

2 tsp. olive oil
3 T. shallots (thin-sliced and lightly chopped)

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 halibut (thawed)

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.

Roasted Potato Slices

Place sliced potatoes on oiled cookie sheet in 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. The potatoes should get slightly crispy.

Gingered Halibut

Ginger Sauce:

Heat oil in a small sauté pan and brown thin-sliced shallot. 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 as the potatoes finish cooking. If the halibut fillet is thick, it may need a few more minutes of cooking.
3. Remove from oven and set on the back of the stovetop until ready to serve.

Seared Vegetables and Plate Meal

Seared Vegetables:

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 about 2/3 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. (Remember to save 1 piece of fish for Friday.)

What I've Learned from this Recipe

Although fresh halibut is in season, you can also use frozen halibut for this meal. Just be sure to set your frozen fillet in the fridge to thaw in the morning.

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