

# Halibut with Cranberry Chutney

Tonight's dinner offers lots of interesting color, flavor and texture to dazzle diners. It features a unique version of poached halibut served with cranberry chutney.

The plate will also feature nutty rice and some seared zucchini, sweet onion and bell pepper.

You'll also cook an extra 6 oz. of halibut for a seafood pasta meal on Friday.

**Preparation Time: 50 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Organize ingredients on small plates or in bowls so they are easy to add (and more fun to cook!) Prep items in all three boxes and you're ready to rock 'n' roll! There are 3 onion preps: 2 chopped green onions in the Nutty Rice, 1/4 C. chopped sweet onion for the Cranberry Chutney and 1/2 C. sliced sweet onion for the seared vegetables.

### Cranberry Chutney

1 C. dried cranberries  
1/4 C. orange juice  
1/4 C. cilantro (chopped)  
1 clove garlic (smashed and chopped)  
1/2 small jalapeño pepper (seeded and chopped)  
1/2 tsp. fresh ginger (grated)  
1 tsp. rice wine vinegar  
1/4 C. sweet onion (finely chopped)  
1/4 C. fresh or canned pineapple (finely chopped)  
1 tsp. low-sodium soy sauce  
  
6 walnut halves

### Nutty Rice

1 C. brown rice  
plus  
2 C. water  
(Use 1-1/3 C. cooked rice tonight)  
  
2 green onions (chopped)  
2 T. fresh parsley (chopped)  
1/4 C. low-sodium vegetable broth  
1 T. fresh lemon juice  
8 pecan halves  
pinch of salt and pepper

### Poached Halibut

2/3 C. white wine  
1 tsp. low-sodium soy sauce  
16 oz. fresh halibut fillet (divided into 3 3/4" thick fillets)

### Seared Vegetables

2 tsp. olive oil  
two 8" zucchini squash (washed and sliced into 1/4" rounds)  
1/2 C. sweet onion (thin-sliced, and quartered)  
6 red bell pepper strips (sliced 1/4" thick and 1" long)  
1 clove garlic (smashed and chopped)  
  
pinch of salt  
1/2 tsp. ground black pepper  
2 T. lime juice  
mixed with  
2 T. low-sodium vegetable broth

*But first!  
Put Rice on to cook!*

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

### Basic Assembly Instructions

Bring water and rice to a hard boil, reduce heat to medium-low, cover and set a timer for 25 minutes. Now that the rice is cooking, chutney will be the first part of making tonight's meal. Let the chutney rest and allow the flavors to mingle. Toast pecans and walnuts together on a baking sheet 2-3 minutes per side in a 400° oven. Allow to cool while you continue cooking.

### Cranberry Chutney

1. Thoroughly chop cranberries in food processor first. Add , orange juice, cilantro, garlic, jalapeño pepper, ginger, vinegar and onion. Pulse until well blended.
2. Add pineapple and soy sauce and give it two more bursts.
3. Add chopped walnuts when walnuts have cooled. Give the food processor a couple of quick bursts to mix in the nuts.

### Nutty Rice

1. Measure 1-1/3 C. cooked rice into a medium-sized bowl.
2. Add chopped green onions, parsley, broth and lemon juice.
3. Cover and microwave 1-1/2 minutes.
4. Mix well and set aside.
5. Just before serving, add chopped pecans, salt and pepper, and toss.

### Poached Halibut

1. Heat 2/3 C. wine and soy sauce in a sauté pan and slide the fish in once liquid is boiling. (Start searing vegetables while liquid comes to a boil.)
2. Reduce heat to medium, cover, and poach fish about 2-minutes per side in boiling liquid.
3. When poaching is complete, lift fish from pan with a slotted spatula and place on a plate in a warm oven.

### Sear Vegetables:

### Seared Vegetables - Plate the Meal

1. Place olive oil in small sauté pan and sauté zucchini rounds over medium-high heat until they are slightly browned. Remove from pan.
2. Add onion and peppers to same pan and toss another 2-3 minutes over medium-high heat until onions start to brown. Add garlic and toss until garlic becomes fragrant. Return zucchini rounds to pan. Toss briefly over medium-high heat to reheat zucchini.
3. Season with a pinch of sea salt and pepper. Toss with lime juice/broth mixture. Serve.

### Plate the meal:

Divide cooked halibut into thirds. Use 2/3 tonight and save the remainder for Friday's meal. Place halibut fillets on plates and spoon about 3 T. chutney around and over each fillet. Flank fillet with 2/3 C. Nutty Rice and 1/2 of the seared vegetables.

### What I've Learned from this Recipe

Chutneys are ground and blended savory mixtures often found in Indian cuisine. They're made of slow cooked or dried fruits, vegetables, vinegar and spices. They can be made from whatever flavor combinations the chef requires.

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