

Halibut with Spicy Cilantro Sauce

Serves 4

Prep time: 30 minutes

Halibut is one of the easiest fish to cook quickly, the only risk is over cooking, so pay close attention!

Ingredients:

4-6 ounce Halibut Filets skin on

salt and pepper

Sauce:

1 bunch cilantro

1 jalapeno

1 garlic clove

1 inch piece of fresh ginger

1/4 cup canola oil plus a bit more for the fish

salt

Turn oven to 350 degrees on bake.

Before preparing the fish, make the sauce. Use a powerful blender like a Vitamin or use a Cuisinart. Rough chop cilantro including the stems and the jalapeño (with seeds if you like a bit more spice), Place the cilantro and jalapeño along with all other ingredients into the blender and combine on high speed until liquefied. Chill for at least one hour, keep leftovers for 3-4 days.

Use a heavy bottomed, oven proof skillet like a Le Creuset or a cast iron skillet. Heat skillet over high heat. Meanwhile, sprinkle salt and pepper on both sides of the halibut. Place a very small amount of canola oil in the skillet and cover the surface of the pan. Once it's very hot, place halibut in pan, skin side down. Allow to cook for about 3- 4 minutes or until fish starts to feel more firm and less translucent in color. Flip fish and allow to cook on other side for about 1 minute and then place in oven until cooked through, this will be fast, approximately another 3 minutes depending on the thickness of the fish. Serve immediately with spicy sauce or simply with lemon!

