

Chermoula Halibut

with Red Quinoa, Edamame and Shell Bean Salad
and Preserved Lemon Vinaigrette

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INGREDIENTS

For the Chermoula Halibut

4 to 6 Pacific halibut fillets
(1 per person), 4 to 6 ounces each
2 garlic cloves, finely chopped
1/3 cup cilantro, finely chopped
1/3 cup flat-leaf parsley, finely chopped
3/4 teaspoon paprika
1/4 teaspoon cumin
Pinch cayenne
1/8 cup extra virgin olive oil
Juice of 1 lemon
Salt to taste

For the Salad

1 cup shelled edamame (boiled in salted water
for four to five minutes), strained
1 cup shell beans (boiled in salted water for 30
to 45 minutes), strained
4 cups red quinoa (rinsed until water runs clear
and simmered in 2 3/4 cups salted water for
12 to 15 minutes), strained

For the Preserved Lemon Vinaigrette

1/2 a preserved lemon, pulp scooped out,
ends trimmed (see note on back)
1 garlic clove, chopped
1 cup grapeseed oil
1/2 tablespoon preserved lemon liquid
1/2 cup warm water
Salt to taste

TIP

Red quinoa is available online
through Indian Harvest at
www.indianharvest.com.

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PREPARATION

For the Chermoula Halibut

1. Whisk chermoula sauce ingredients together and refrigerate until ready to use.
2. Marinate the halibut in the chermoula for one hour in the refrigerator.

For the Salad with Preserved Lemon Vinaigrette

1. Combine the preserved lemon, garlic and preserved lemon liquid in a blender or food processor.
2. Slowly add the oil and then the warm water. Blend until smooth. Add salt to taste.

Serving

1. Bake the halibut in a 350-degree oven until opaque, about five to seven minutes.
2. In a stainless steel bowl, toss cooked edamame, shell beans and quinoa with the preserved lemon vinaigrette.
3. Mound the quinoa salad in the center of the plate. Place the halibut on top of the salad, leaving room around the plate to swizzle the chermoula. You can also spoon some chermoula on top of the halibut.

Serves 4 to 6.

Note: To make your own quickly preserved lemons, lightly score four lemons all the way around (do not cut through to the flesh) and then boil in 1 cup water, 1 cup fresh lemon juice, 2 bay leaves, 1/2 tablespoon whole black peppercorns and 1/4 cup kosher salt until lemons are soft, approximately 30 minutes.