

Baked Halibut

with Three-Colored Peppers and
Red Bliss and Fingerling Potatoes

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INGREDIENTS

1 1/2 pounds halibut fillets,
cut into 4 portions
4 tablespoons olive oil
1 medium onion, thinly sliced
2 teaspoons minced garlic
2 green peppers, seeded and julienned
1 red pepper, seeded and julienned
1 yellow pepper, seeded and julienned
1 cup white wine

2 to 3 tablespoons assorted herbs such
as thyme, oregano and rosemary
Sea salt and freshly ground pepper
Small bouquet of assorted herbs
such as thyme, oregano and rosemary,
for garnish
16 to 20 small red bliss and/or fingerling
potatoes (about 1 pound), unpeeled

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PREPARATION

1. Preheat the oven to 450 degrees.
2. Heat 2 tablespoons of the olive oil in a medium sauté pan; add the onion, garlic and peppers and sauté for about five minutes, stirring frequently. Add the wine and herbs and season to taste with salt and pepper.
3. Bring the mixture to a boil, and cook for one minute, stirring to combine. Remove the pan from the heat.
4. Spoon the pepper mixture and juices into a baking dish large enough to accommodate the fillets in one layer. Arrange the halibut fillets on top. Drizzle with the remaining olive oil and season to taste with salt and pepper.
5. Bake for eight to ten minutes, until the fish is cooked through.
6. Steam the potatoes in a medium saucepan using a collapsible insert or boil them for 10 to 15 minutes, until a fork can be easily inserted in the potato.
7. Using a spatula, transfer each halibut fillet with the pepper mixture and juices under it to the center of a large warm dinner plate. Surround the fish with the potatoes and garnish with a bouquet of fresh herbs.

Serves 4.



Did You Know?

Scientists speculate that the deep sea could be home to as many as 10 million different species, rivaling the biodiversity of the richest tropical rainforest.