

This is no fish story – try this halibut recipe

By Jerry Marlowe

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I do wish you would try this weeks recipe just for the halibut. We must give thanks to a fellow actor Jason Gareffa, of Los Angeles, California, for sharing it with us.

Here is what you will need.

3 tbs olive oil

1 ½ cups coarsely chopped red pepper

½ cup chopped red onion

3 large garlic cloves, chopped

1 tbs of fresh chopped thyme

½ cup coarsely chopped pimento stuffed green olives

1 tbs balsamic vinegar

1 tbs tomato paste

some cayenne pepper

4 8-to-10 ounce halibut filets

Some fresh thyme sprigs

Here we go. Preheat your oven to 375 degrees. Brush a large rimmed



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baking sheet with olive oil. Heat 3 tbs of oil in a large skillet over medium high heat. Add the bell pepper, onion, garlic, and thyme.

Saute' until the bell pepper is soft, about six minutes. Remove it from the heat.

Mix in the olives, vinegar, and tomato paste.

Season the relish to taste with cayenne, salt, and pepper.

OK, now place the fish on a prepared baking sheet and brush with olive oil.

Sprinkle the salt and pepper. Spoon enough relish over each filet to cover it. Reserve the remaining relish. Bake the fish just until opaque in the center for about 10 minutes.

Transfer the fish to a serving platter. Garnish it with thyme sprigs; serve your masterpiece with the reserved relish.

Speaking of relish its now time to relish your applause from the hungry group of four people who would be drooling by now.

Contact Jerry if you'd like to discuss a recipe or share one of your own. Drop him a note at: 131 Oakmont Drive in Dover, OH 44622.