

A couple of recipes just for the halibut

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Dear kind readers. I just have to share the next two recipes with all of you. We have enjoyed them both at home over many years. Forgive my ongoing attempt at a little humor. You can share them with friends and tell them you tried both formulas and you did it just for the halibut.

A Roasted Halibut Enhanced with Garlic Sauce

You will need a nice $\frac{3}{4}$ pound halibut fillet. And if possible about 1 $\frac{1}{2}$ inches thick, 3 or 4

garlic cloves, 2 tbs good-extra virgin olive oil, and $\frac{1}{3}$ cup mayonnaise, plus some nice fresh lemon wedges to garnish. OK, here we go. Set your oven up to 450 degrees with the rack in the middle.

Put your fish in an oiled shallow baking dish and sprinkle it with salt and pepper. Put your garlic through a garlic press into a bowl and then whisk in the olive oil along with $\frac{1}{8}$ tsp salt. Whisk in the mayonnaise and spread it over the dish. Now bake it uncovered just until fish is cooked through for about 10 to 15 minutes. Pour a nice glass of Chardonnay or Sauvignon

Blanc white wine and devour your culinary effort.

Halibut with Olive Tarragon Bread Crumbs on Roasted Tomato and Garlic Coulis

A nice romantic dinner for two. Here's what you will need.

Gather $\frac{1}{2}$ cup fresh bread crumbs, 1 tbs chopped fresh tarragon leaves, 2 tbs chopped pitted Kalamata black olives, mixture of 1 tbs mayonnaise $\frac{1}{2}$ tsp Dijon mustard and a couple of 1-inch thick halibut or any other firm-fleshed fish fillets around 6 oz each. Okay here we go. Arrange your fish in an oiled shallow baking pan and season

with salt and pepper. Spread the mayo/mustard mix evenly over top of the fish and then pat the bread crumbs evenly on top. Roast the fillets in the middle of the preheated 450 degree oven until they are just cooked through about 7 to 10 minutes.

The Coulis for the Piece de resistance. You will need 1 tbs virgin olive oil, $\frac{3}{4}$ pounds plum tomatoes about 6 of them, cut into $\frac{1}{4}$ -inch thick slices, 4 large garlic cloves put through your garlic press and a $\frac{1}{2}$ tsp balsamic vinegar. Mix all that together. OK, now serve your fish fillets on top of the coulis. Please enjoy it as we did. Thank



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you for tolerating my cooking insanity.