

Amber Halibut Steaks

Author: From Barbara D, our daughter-in-law Karen's mother

***Carolyn T's
Main Cookbook***

Servings: 4



40 ounces halibut steaks

1/3 cup flour

Pepper to taste

1 tablespoon olive oil

1/4 cup soy sauce (use lower sodium if desired)

1/4 cup sherry

1 tablespoon lemon juice (or lime juice)

2 tablespoons green onion, chopped

1 tablespoon green onion, for garnish

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 412 Calories; 10g Fat (23.7% calories from fat); 61g Protein; 11g Carbohydrate; 1g Dietary Fiber; 91mg Cholesterol; 1184mg Sodium. Exchanges: 1/2 Grain(Starch); 8 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.

1. Rinse halibut under running water and blot on paper towels.
2. In a shallow plate sprinkle the flour and pepper. Mix, then dip the halibut in the flour mixture.
3. Meanwhile, heat a skillet (just a bit bigger than the halibut pieces) and add the oil and heat until the oil is shimmering.
4. Carefully place halibut in the hot oil and brown on both sides until they're a golden color.
5. If pan is very hot, remove from the heat, then pour in the soy, sherry, lemon juice and green onions. Simmer until halibut is just cooked through.
6. Place on a heated plate and garnish with the sauce and some more raw green onions.