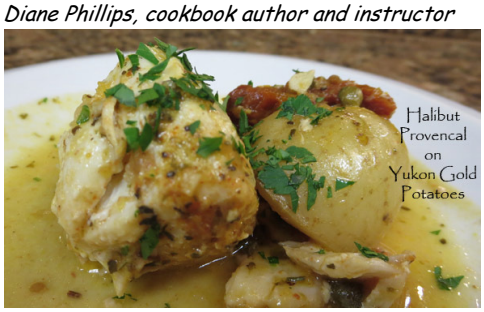
Halibut Provencal on a bed of Yukon Gold Potatoes

Diane Phillips, cookbook author and instructor



1/2 cup extra-virgin olive oil

zest of two lemons

1/4 cup fresh lemon juice

4 garlic cloves, minced

1 1/2 teaspoons salt

1/2 teaspoon freshly ground black pepper

1/2 teaspoon sweet paprika

2 teaspoons herbes de Provence

1/2 cup sun-dried tomatoes, oil-packed, drained

1/2 cup capers, drained

1 pound Yukon gold potatoes, peeled and diced

36 ounces halibut fillets, in 6 equal pieces

1/2 cup Italian parsley, finely chopped

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 8

1. In a mixing bowl, whisk together the olive oil, lemon zest and juice, garlic, salt, pepper, paprika, herbes de Provence, sun-dried tomatoes and capers and set aside.
2. In a deep skillet (big enough to hold all the fish in one layer) and arrange the potatoes in the bottom.
3. Preheat oven to 400°.
4. Drizzle some of the lemon sauce mixture over the potatoes and toss to coat the potatoes.
5. Bake the potatoes for 20 minutes, covered, then remove. Arrange the halibut over the potatoes and pour the remaining sauce over the halibut.
6. Cover and bake for an additional 10-15 minutes. The fish will be opaque in the center and the potatoes will be tender.
7. Taste the sauce - if it has too much acidity, add just a little bit of salt.
8. Arrange the fish on a serving dish, surround with the potatoes and spoon some of the sauce over the fish. Garnish with the chopped parsley before serving.

STOVE TOP: Prepare through step 4, using a bit more of the sauce. Simmer potatoes over low heat for about 15 minutes. They should be nearly tender. Add fish and the remaining sauce, cover and simmer for 10-15 minutes until fish flakes apart easily with a fork. Plate and garnish the fish.

Per Serving (excluding unknown items): 328 Calories; 17g Fat (48.5% calories from fat); 28g Protein; 13g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 570mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.