



Halibut with Mediterranean Sauce

SERVES 4

The island of Crete is surrounded by beautiful beaches and fishing villages. The scenery is diverse and spectacular, with mountain ranges, green valleys, and peaceful beaches. I particularly loved visiting the village of Matala, where my friends and I sat in wooden chairs in the sand, eating fresh fish that had been grilled over an open fire. It was served with a sauce that was simple and almost like a cool salad made with artichokes, olives, and capers. Although the fish we had that day was cooked whole, I make it in filets seared in a hot skillet with plenty of olive oil. You can also add cream to the sauce and stir into warm pasta for an excellent side dish.

INGREDIENTS

SAUCE

6 ounces artichoke hearts, canned or frozen
2 tablespoons chopped shallots
3 tablespoons capers
1 teaspoon finely chopped garlic
½ cup pitted kalamata olives, coarsely chopped
½ cup cherry tomatoes, quartered
¼ cup red wine vinegar

1 cup olive oil
2 tablespoons chopped parsley
½ teaspoon kosher salt
¼ teaspoon black pepper

HALIBUT

¼ cup olive oil
4 (6-ounce) halibut filets
½ teaspoon kosher salt
½ teaspoon black pepper

PROCESS:

Make sauce by combining all ingredients in a medium bowl. Set aside. In a large skillet, heat olive oil over medium high heat. Sprinkle halibut filets with salt and pepper. Place each filet in the hot oil, skin side down (if filets have skin). Do not move fish for 3 minutes, then carefully turn each filet and cook another 3-5 minutes, until centers of filets are just opaque. You can test by poking the center with the tip of a knife to see if it is flaky and not firm. Remove to a platter and top with sauce. Serve right away.