

# THAI HALIBUT

## INGREDIENTS

- 2 t Grapeseed **OR** vegetable oil
- 2 T Thai green curry paste (**see recipe below on page 2**)
- 1 1/2 C Coconut milk (light)
- 1 T Brown sugar
- 1 T Lime juice
- 1 t Fish sauce (**see recipe below on page 2**)
- 4 Wild Alaska halibut Fillet (each should be 4 oz) (whole or cut into 1-inch pieces)
- 1 Bell pepper (red) (sliced)
- 2 oz Snow peas
- 2 oz Bamboo Shoots (canned) (drained)
- 1 Thai chili pepper **OR** ½ Serrano pepper (sliced) (optional)
- 1/3 C Thai basil **OR** cilantro



## DIRECTIONS

- 1 Heat the oil in a large sauté pan over medium heat & add the green curry paste
- 2 Sauté the curry paste 1-2 minutes until fragrant
- 3 Stir in the coconut milk & simmer a few minutes until it is thickened slightly
- 4 Stir in the brown sugar, lime juice & fish sauce
- 5 Place the halibut filets in the pan & spoon the sauce over the top
- 6 Place bell pepper, snow peas, bamboo shoots, pepper (if using) & 1/2 of the basil around the fish
- 7 Simmer for 2 minutes & then cover the pan
- 8 Cook until the halibut is opaque & the vegetables are crisp tender (7 - 8 minutes)
- 9 Sprinkle the remaining basil on top
- 10 Serve the halibut with steamed jasmine rice **OR** brown rice

Thai Basil



Cilantro



## NOTES

Makes 4 servings



# MAKE - IT-YOURSELF THAI GREEN CURRY PASTE

## INGREDIENTS

- 15** Chilies (green) (fresh) (small ones)
- 3 T** Shallots **OR** onions (chopped)
- 2 cloves** Garlic
- 2 T** Ginger (grated ginger)
- 1/2 T** Lemon grass (chopped)
- 1 t** Peanut butter
- 1 t** Salt
- 1/2 t** Lemon zest (grated) **OR** Kaffir lime leave crumbled
- 1/2 C** Cilantro **OR** Basil (Thai)



## DIRECTIONS

Puree all the ingredients in a blender

## NOTES

- 1** Some like to freeze the ginger before grating it
- 2** Makes 1 C

# MAKE - IT - YOURSELF FISH SAUCE

## INGREDIENTS

- 1 tin** Anchovies (in oil)
- 1/4 C** Olive oil
- 1 t** Toasted sesame oil
- 1/2 t** Mustard (dry)
- 3 T** Coconut Aminos **OR** Tamari **OR** Soy Sauce
- Dash** Worcestershire sauce



## DIRECTIONS

- 1** Warm the olive & sesame oil gently in a small saucepan over low heat
- 2** Add the anchovies & let them simmer
- 3** They will start to break apart so as they cook break them up further with a stiff spatula
- 4** Cook 8 minutes then remove from heat & allow to cool
- 5** Whisk in the powdered mustard, followed by the soy (or your substitute) & Worcestershire
- 6** Pour into a blender & blend a few seconds until smooth

