

Roasted Halibut with Corn Fricassee
(Serves 4)

4 5oz Halibut filets
1 T olive oil
1 small red onion (medium dice)
6 ears of corn (kernels cut off cob)
12 shitake (or white) mushrooms (quartered)
12 grape tomatoes (cut in half)
1/2 tsp. fresh rosemary chopped
1 raw scallion (sliced thin)
S and P to taste

1. Season the halibut filets with salt and pepper and roast in pan over med-high heat with 2tsp. olive oil for two minutes, then place in 400 degree oven for 4 minutes.
2. Using a separate pan over medium heat add 1 tsp. olive oil and onion and cook for 5 minutes.
3. Add mushrooms and cook an additional 3 minutes.
4. add corn and cook 3 minutes until the corn is a bright vibrant yellow and remove from heat. (note: if you scrape the corn cobs with a spoon, you will remove the heart of the corns flavor - add it to the corn!)
5. Add fresh rosemary and tomato and TASTE.
6. Serve 1/4 of corn mixture on each plate, top with one piece of fish and garnish with raw scallion.