

Steamed Halibut with Poached Vegetables
(serves 4)

4 6oz halibut filets
1 lemon
1 lime
2 T white wine vinegar
1 head garlic halved
1 shallot halved
3 cup assorted mushrooms (or white button mushrooms)
1 1/2 C carrot julienne (thinly sliced)
1 C sliced celery
8 bibb lettuce leaves (or romaine)
3 sprigs thyme
1 T olive oil
1 tsp. rice wine vinegar
1 T Thai Chili Sauce (hot sauce-optional)
S and P to taste

1. Zest lemon and lime and sprinkle on fish, season with salt and pepper and set aside.
2. In a 4 qt. straight edge sauté pan, bring a 2 qt. pot of water, lemon and lime (cut in half), garlic, shallot and white wine vinegar to a boil.
3. Reduce to a simmer and add mushrooms, carrot, and celery for 8 minutes or until they become slightly tender.
4. Transfer liquid to a pot with a steamer insert (note you can use a metal colander as a substitute or place fish directly in liquid). Add thyme, wrap fish with lettuce leaves and place in steamer basket. Steam for 6 minutes or until firm to the touch and cooked through. Strain the liquid and place 1 C into bowl, whisk in olive oil, rice wine vinegar, and hot sauce
5. Place vegetables in shallow bowl, top with fish and pour sauce on top.