

Alaskan Halibut
Apricot Kasha Pilaf

Serves 4

Apricot Kasha Pilaf

1 egg white
1 cup whole grain kasha (buckwheat groats)
2 ½ cups vegetable broth
1 bay leaf
3 thyme sprigs
3 tablespoons olive oil, divided
1 small head cauliflower, cut into florets, about 2 cups
1/2 cup diced onion
to taste salt and ground black pepper
1/2 cup pecan halves
1/2 cup diced dried apricots

Beat egg white in mixing bowl until frothy. Stir in kasha. Refrigerate 1 hour. Bring broth, bay leaf, and thyme to simmer in sauce pot. Keep hot. Add 2 tablespoons oil to large nonstick, ovenproof saucepan over medium heat. Add kasha. Cook 3 minutes, stirring constantly. Add cauliflower and onions. Cook 4 minutes, stirring constantly. Pour in broth. Season with salt and pepper. Cover. Place in oven. Bake 20 minutes or until liquid is absorbed. Fluff with fork. Fold in remaining olive oil, pecan and apricots. Transfer to serving dish.

Halibut

4 6 ounce Alaskan halibut
to taste sea salt and ground black pepper
1 tablespoon chopped oregano leaves
1 tablespoon thyme leaves
1 tablespoon olive oil
2 teaspoons unsalted butter
4 thyme sprigs

Season halibut with salt, pepper, oregano and thyme leaves on both sides. Add olive oil and butter to large skillet over medium heat. When butter is lightly brown and foamy, add halibut to skillet. Cook 2 minutes on each side for medium rare or to desired doneness, basting with spoon often. Transfer to warm serving dish. Garnish with thyme sprigs. Serve family style.

Bon Appetit....Executive Chef Bernard Guillas
The Marine Room, La Jolla
www.marinerroom.com www.chefbernard.com
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