



HALIBUT

Because Halibut is a firm fish, it lends itself well to grilling, baking or pan searing. It's also a mild tasting fish and therefore, versatile for seasoning in many ways. Halibut is not an oily fish. It requires close attention, as it's easy to overcook. The fish must be removed from heat before it is well done. Halibut will finish cooking off the heat. Following are a few suggestions:

Sprinkle fillets with Cajun seasoning and sear on both sides in a hot-hot skillet. Then finish in a 450-500 degree oven for about seven minutes (depending on thickness). The fillet will be crisp on the outside and stay moist on the inside.

When grilling or baking, baste Halibut with a pesto sauce or brush with seasoned olive oil or garlic butter.

COOK INLET "Poor Man's" LOBSTER (serves 4)

1 gallon water

1-1/2 cups granulated sugar

1/4 cup salt

Bring to a rapid boil. Add 3 cups Halibut (pre-cut into bite size pieces) one cup at a time. After the Halibut floats, cook about another 30 seconds. Do not overcook. The fish should be firm with an opaque center. Serve with warm garlic butter or cocktail sauce.

CRISPY BEER BATTER FISH

20 3 oz portions of fresh Halibut
2 beaten eggs
12 oz room temperature beer
1¼ cup flour
½ teaspoon Old Bay Seasoning
Combine above ingredients to make batter.

2 cups Panko (Japanese bread crumbs) in deep pan

Dip fish in batter, roll in Panko.
Deep fry until golden brown.

Serve with tartar Sauce recipe below.

TARTAR SAUCE

½ cup dill pickles drained, chopped very fine
¼ cup onions, diced very fine
¼ cup capers, drained
2 cups mayonnaise
1 tablespoon lemon juice
2 tablespoons chopped parsley

Mix well. Serve.

HALIBUT CHOWDER (Serves 4)

4 strips bacon cut into small pieces
1/2 teaspoon crushed garlic
1/4 cup diced onions
1/4 cup diced celery
2 potatoes, cut into small cubes
3 tablespoons flour
2 cups whole milk
1 cup half and half
1/2 cup clam juice
1 cup frozen corn
7 oz can chopped green chiles - drained
2 cups cubed Halibut

Boil potatoes until tender in a small amount of water.

In large pan, saute' vegetables, garlic and bacon over medium heat until vegetables are soft, but not brown and bacon is done.

Gradually add flour, stirring constantly to make roux. Let cook a few minutes.

Pour in slowly:

Milk, half and half and clam juice

Add:

Corn, green chiles, Halibut and potatoes, salt to taste with a dash of cayenne pepper. Heat thoroughly to cook fish. Do not boil.

To serve, top with crumbled bacon.

HALIBUT CAKES

2 cups cooked Halibut
1 tablespoon each of diced onion, celery and red pepper
2 tablespoons lemon juice
1/4 cup mayonnaise
1-2 teaspoons Dijon mustard
Dash Worcestershire sauce
1 egg - beaten

Mix above ingredients and shape into patties. Coat with seasoned bread crumbs or Panko crumbs. Fry over medium heat in small amount of butter and oil until brown. Serve on seasoned shredded cabbage. These can be made ahead and reheated in the oven just before serving.

SALMON

Salmon is not only a healthy fish, but creates a pretty dish and is easy to prepare. Because of its high oil content, Salmon is forgiving, so exact cooking times are not as critical. A guide is 10 minutes per inch of thickness. Time will vary depending on how the fish is being cooked. Salmon is great grilled, broiled or baked

GRILLED SALMON & LEMON BUTTER OVER SPINACH (serves 4)

4 Salmon Fillets
4 cups fresh Spinach
1/4 cup Butter
1 fresh Lemon

Salmon: Grill Salmon over hot coals. Squeeze lemon juice over fish.
Cook approximately ten minutes per inch of thickness, depending on coals.

Wash 4 cups fresh spinach. Steam spinach in saute' pan with a little water - just enough to wilt. Arrange spinach on four individual serving plates. Pour 1/4 hot Lemon Butter Sauce (see below) over each serving of spinach. Place grilled Salmon on spinach. Sprinkle with toasted almonds.

LEMON BUTTER SAUCE

2 tablespoons unsalted butter
2 tablespoons olive oil
1 tablespoon minced garlic
1/2 cup dry white wine
1/3 cup fresh lemon juice
Pinch of salt

In saucepan over medium heat, melt butter with olive oil and saute' garlic. Add wine and reduce for about 1 minute. Add lemon juice and salt. Simmer until hot. Serve immediately.

SEAFOOD BISQUE (serves 4 - 6)

In medium saucepan heat together:

2 - 4oz cans tomato sauce, not paste
3 cups half and half (fat free half and half, if preferred)
1/2 cup clam juice
2 medium tomatoes diced or (1 can S & W Italian stewed tomatoes)
Dash of Tabasco Sauce
Dash of Worcestershire Sauce
1 tablespoon of finely chopped fresh Basil

Stir until well blended and hot. Do not boil.

Add seafood:

1/2 cup cooked small to medium size whole Shrimp
1/2 cup cooked Salmon
1/2 cup cooked Halibut (bite size pieces)
(Or use your favorite combination of seafood)

Stir carefully so as not to break up fish. Serve hot and topped with freshly grated parmesan cheese or a teaspoon of sour cream and fresh basil leaf.

APPETIZERS AND SAUCES

HALIBUT AVOCADO SALAD (serves 4)

Makes a great first course

2 cups cooked cubed Halibut
¼ cup sliced radishes
4 diced green onions
¼ cup yellow pepper, cut into chunks

Toss Halibut with 2 tablespoons lime or lemon juice
Refrigerate several hours.

In separate bowl, toss vegetables, except avocados, with
2 tablespoons red wine vinaigrette, salt and pepper.
Refrigerate several hours.

Add Halibut and avocados to vegetables. Toss gently.
Serve immediately.

HALIBUT PARTY DIP

2 cups cooked Halibut - shredded (leftover Cook Inlet Lobster is perfect for this)
1/4 cup each of diced onion, celery and red peppers
1-3oz can chopped black olives - drained
2 tablespoons capers - drained

Mix together:

1/4 cup mayonnaise
1/4 cup sour cream
1 teaspoon ranch dressing powdered mix
1/4 teaspoon dill weed
Salt to taste

Stir into Halibut mixture and let set several hours before serving. Serve with crackers.

HALIBUT ZIPPY DIP

To above recipe, omit ranch dressing mix and dill weed

Instead add:

1/4 teaspoon Dijon mustard

1 teaspoon horseradish

RED and WHITE HALIBUT SPREAD

1 - 8 ounce block cream cheese - softened

3/4 cup cooked shredded Halibut

1/4 cup pine nuts

1 teaspoon fresh parsley

A few drops of lemon juice

Mix thoroughly.

Swirl 1/4 cup sweet chili sauce through cheese mixture with fork leaving streaks.

HAPPY VALLEY APPETIZER

2 - 6oz jars marinated artichokes (finely chopped)

1 small onion - finely diced

1 garlic clove - pressed

4 eggs

1/4 cup cracker crumbs or bread crumbs

1/4 teaspoon black pepper

1/4 teaspoon oregano

1/4 teaspoon Tabasco sauce

1/2 lb sharp cheddar cheese (shredded)

2 tablespoons fresh parsley (minced)

Saute' onion and garlic in a small amount of marinade until onion is tender. Beat eggs with seasonings, add crumbs, then onions & 2 tablespoons of marinade. Mix in cheese last. Pour into a 7" x 11" pan sprayed with oil. Bake 30 min @ 350 degrees or until center is set, but not dry. Cool 10 minutes before cutting into 1 inch squares. Serve warm. Can be frozen and reheated in microwave.

SMOKED SALMON APPETIZER

2 cups bread crumbs

1/2 cup melted butter

1 tablespoon chopped parsley

1/2 teaspoon salt

Mix and press onto bottom and side of 10" springform pan

1 lb softened cream cheese

3 large eggs

In mixer, beat cheese on low and add eggs one at a time until thoroughly creamed.

Add the following to cream cheese mixture.

2-1/2 cups sour cream

2 tablespoons fresh lemon juice

1 teaspoon salt

Dash of Worcestershire sauce

1/4 teaspoon white pepper

1 tablespoon dill

Add 3 cups crumbled smoked Salmon. Mix with cream cheese mixture. Pour over crumbs.

Bake 325 degrees 40-50 minutes until set.

Cool 30 minutes, then refrigerate uncovered until completely cooled. Best if refrigerated overnight. Mix together 6 oz of sour cream with 3 tablespoons of mayo and 1 tablespoon of dill. Spoon onto edge of cheese cake.

Sprinkle with capers and dill.

Can be served whole or cut into individual wedges. Serve with sliced cucumbers and/or a variety of crackers.

SUN DRIED TOMATO CREAM SAUCE (makes 2 cups)

1/4 cup tomato sauce

1 cup half and half

1/2 cup milk

Over medium heat, stir constantly until hot, but not boiling.

Add:

1/2 cup sun-dried tomatoes - julienne cut

1/4 cup white wine

1 tablespoon chopped fresh basil

1 teaspoon chopped fresh parsley

Dash garlic salt and white pepper

Serve with Halibut or Salmon fillets.

CUCUMBER DILL SAUCE (serves 4-6)

1/2 cup sour cream

1/2 cup mayonnaise

2 tablespoons white wine or lemon juice

1 tablespoon dried dill

1 cucumber - peeled and minced

Garlic salt to taste

Mix well and refrigerate several hours before serving.

DESSERTS

CHOCOLATE CELEBRATION CAKE

Makes a one layer cake and serves 10 – 12

Cake

1/4 lb butter at room temperature
1 cup granulated sugar
4 extra large eggs or 5 large at room temperature
1-16 oz can Hershey's chocolate syrup
1 tablespoon vanilla
1 cup flour

Preheat oven to 325 degrees. Butter and flour 10" springform pan. Then line with parchment paper or nonstick baking foil.

Cream butter and sugar with electric mixer until fluffy and add eggs one at a time.

Mix in chocolate syrup and vanilla. Add the flour and mix by hand until just combined. Do not over beat!

Bake 40-60 minutes until center is set. It will not test clean like other cakes.

GANACHE

1/2 cup heavy cream
8 oz good semisweet chocolate (broken into pieces)

Heat the cream and chocolate in the top of a double boiler stirring until smooth and completely melted. Cool at room temperature and do not refrigerate.

Invert Cake onto plate and pour Ganache over top. Let drip and run down sides. Do not refrigerate. (Because the cake is dense, it can be cut crosswise to make two layers).

Rich, so serve small slices.

CRANBERRY COFFEECAKE

Cream together:

1-1/2 cups sugar

2 eggs

Add to above and mix well:

3/4 cup melted butter (cooled)

1 teaspoon vanilla or almond flavoring

1-1/2 cups flour

Add:

1/2 cup chopped pecans. Stir 1 cup ground fresh cranberries into mix carefully. Spoon into greased 9" square baking pan (dough will be stiff). Bake 1 hour at 350 degrees. Cool completely before cutting. Sprinkle with powdered sugar.

CARAMEL BROWNIES – WARNING... These are addictive

2-1/2 cups flour

3 cups brown sugar

3 teaspoons baking powder

1/4 teaspoon salt

4 eggs

1-1/4 cups melted butter or margarine

1 teaspoon vanilla

1 cup broken pecans

DO NOT use electric mixer for this recipe. In large bowl, blend together flour, brown sugar, baking powder and salt.

In a small bowl, beat 4 eggs slightly and add melted butter and vanilla. Add the egg mixture to the dry ingredients and blend well. Add the nuts. Spread evenly in a 9" x 13" pan.

Bake 350 degrees for 30-35 minutes or until the center can be touched without leaving an indentation. Toothpick test will not test done like a cake. Do NOT over bake! Cool before cutting.

PECAN PIE

Combine the following:

- 1 cup brown sugar
- 1 cup light corn syrup
- 3 eggs
- 1 tablespoon flour
- 2 tablespoons milk
- 2 tablespoons bourbon (more if desired)
- 1 teaspoon vanilla
- 3 tablespoons melted butter

Beat with electric mixer. Stir in 1-1/2 cups of broken pecans. Pour into a frozen pie crust.

Bake approximately 1 hour at 350 degrees on bottom oven shelf.

Check crust edge. If getting dark, cover edge with foil to finish baking. Center should be set but not too firm. If overcooked, filling becomes chewy.