



One Pot Summer Halibut

3 large servings (or 4 smaller ones)

Ingredients:

- 1 lb halibut fillet (with skin on)
- ½ tsp sea salt
- ¼ tsp fresh ground pepper
- 2 Tbsp extra virgin olive oil
- ⅓ cup basil leaves, chiffonade plus four whole sprigs for serving
- 1 ½ cups cherry tomatoes (red or yellow or a combination)
- Juice of ½ large lemon
- 2 cloves garlic, minced
- 2 Tbsp salted butter

Instructions:

Cut your halibut into three or four pieces and pat dry. Press in the salt and pepper to the side without skin.

Chiffonade the basil, cut the cherry tomatoes in half, juice the half lemon and mince the garlic. Combine and set everything aside.

Heat the cast iron or other fry pan until it is medium hot. A cast iron skillet takes at least eight minutes set on medium heat to be ready.

Add the oil and wait a minute until it is hot. Add the halibut fillets skin side down, shaking the pan slightly to prevent sticking. After three minutes, carefully turn each piece with a fish spatula. Cook an additional two minutes on the skin side.

Add the basil, tomatoes, lemon juice, garlic and simmer with the fish for two minutes. Add the butter until melted. Once the fish is cooked through, another minute or so, taste the sauce and add more salt or pepper to taste.

Place warmed rice (or another cooked grain) on the bottom of a shallow bowl, top with the fish and spoon sauce on top of the fish. Top each dish with a sprig of fresh basil. Enjoy!

Cook's note: I know this sauce would be good with almost any other delicate white fish too. Halibut is one of my faves and I only eat it in the summer when it is fresh fresh fresh!