

Halibut with Lemon Aioli and Capers

Author: From a cooking class with Phillis Carey, 2010



Notes: Moving the oven rack to the right position is vital to this recipe. Use a ruler!

1. Preheat broiler (on high). Place the oven rack low enough that the fish will be 10 inches from the broiler element. Oil the broiler pan (rack) and place foil underneath the rack to catch drips. Sprinkle fish with salt and pepper and place fish on rack.
2. In a small bowl whisk garlic and oil together in a small bowl. Whisk in the mayonnaise, capers and lemon zest. Spread it over the fish, covering all the top as best you can. Broil the fish until it's just cooked through and browned nicely on top, about 9-12 minutes. Watch carefully. Serve with lemon wedges to squeeze over the fish.

24 ounces halibut fillets (about 6 ounces each, 1-inch thick)

Salt and white pepper to taste

3 cloves garlic, minced

2 tablespoons extra virgin olive oil

1/3 cup mayonnaise, Best Foods or home made

1 tablespoon capers, rinsed, chopped

1 teaspoon lemon zest

Lemon wedges for each serving

Per Serving (excluding unknown items): 382 Calories; 26g Fat (61.7% calories from fat); 36g Protein; 1g Carbohydrate; trace Dietary Fiber; 61mg Cholesterol; 216mg Sodium.

Exchanges: 5 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>