

HALIBUT WITH THAI RED SAUCE

SERVINGS: 4

Ingredients

4 pieces of fresh Halibut
1 stalk of lemongrass (only the white part)
Zest and Juice of 1 lemon
1 teaspoon fresh garlic
1 teaspoon fresh ginger
1/4 cup of cilantro
1/4 white onion
1 teaspoon pink salt
1 teaspoon black pepper
1 teaspoon hot Hungarian paprika
1 tablespoon butter, ghee or coconut oil
2 teaspoon Thai red curry paste
2 teaspoon tomato paste
1/2 cup of white wine (any of your choosing)
1 cup of unsweetened coconut milk
Stevia extract to taste (optional)
1 teaspoon fresh thyme
1 pimento pepper (Trinidad seasoning pepper) or 2 Thai chili peppers



Directions

1. Season Halibut pieces with 1/2 teaspoon pink salt, black pepper, paprika and the zest of the lemon. Set aside to marinate.
2. In a food processor add lemongrass, ginger, garlic, pepper, cilantro, onion and the juice of 1 lemon. Process until smooth.
3. Heat a large skillet on the stove. Add butter. Once the butter has melted, add in the pieces of fish to sauté. Each piece will only take 2-3 minutes total. Remove when the top is a crusty brown. Set aside to keep warm.
4. In the same skillet add the paste you just made in the food processor.
5. Allow this to sauté for 5 minutes. The onion and garlic have to cook through.
6. Add the red Thai curry paste and the tomato paste to the skillet. Sauté for another 4 minutes.
7. Add the wine. Using your spoon, scrape up the little bits that were sticking to the pot.
8. Once the wine comes to a bubble add in the coconut milk.
9. Season with the remaining pink salt. Add in stevia and thyme.
10. Reduce the heat to simmer. All this to reduce and simmer for about 20 minutes.
11. Your sauce would be thickening and reduced by about 3/4.
12. Remove from the heat.
13. At this point you can place your fish on your serving dish and ladle on the sauce on top or around your fish! Garnish with cilantro.