



Recipes

ALL FISH ON DECK

SPICY LEMON HALIBUT

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| 1/4 cup (50 mL) chopped onion | 3/4 tsp (3 mL) hot pepper sauce |
| 2 tbsp (25 mL) fresh lemon juice | 1/2 tsp (2 mL) thyme, crumbled |
| 2 tbsp (25 mL) dry white wine | 1/8 tsp (0.5 mL) salt |
| 2 tbsp (25 mL) oil | 4 small or 2 large halibut steaks |

To prepare marinade, combine all ingredients except halibut in a heavy zip-lock plastic bag. Add halibut and squeeze bag to coat halibut with marinade; seal bag. Let stand for 30 minutes. Remove halibut from marinade; discard marinade. Grill halibut over medium heat on natural gas barbecue for 10 - 12 minutes per inch (2.5 cm) of thickness or until fish flakes easily with a fork. Serves 4.

OH MY COD!

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| 2 tbsp (25 mL) oil | 1/4 tsp (1 mL) garlic powder |
| 2 tsp (10 mL) packed golden brown sugar | 1/4 tsp (1 mL) salt |
| 1 tsp (5 mL) cumin | 1/8 tsp (0.5 mL) cayenne pepper |
| 1/2 tsp (2 mL) mint, crumbled | 1 1/2 lb (0.75 kg) cod fillets |
| 1/4 tsp (1 mL) ginger | |

Combine all ingredients except cod in a heavy plastic bag. Add cod and toss until cod is coated with seasoning mixture. Remove cod from bag. Place each fillet on a piece of heavy duty foil. Trim each piece of foil so it is slightly larger than fillet. With lid down, cook cod over medium heat on natural gas barbecue for 10 - 12 minutes per inch (2.5 cm) of thickness or until fish flakes easily with a fork. Serves 4 - 6.

LEMON MUSTARD GLAZED HALIBUT

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| 2 tbsp (25 mL) fresh lemon juice | 1/2 tsp (2 mL) basil, crumbled |
| 2 tbsp (25 mL) butter, melted | 1/4 tsp (1 mL) freshly ground pepper |
| 1 tbsp (15 mL) Dijon mustard | 4 small or 2 large halibut steaks |

Combine all ingredients except halibut. Brush both sides of steaks with lemon mixture. Grill steaks on an oiled grid over medium heat on natural gas barbecue for 10 - 12 minutes per inch (2.5 cm) of thickness or until fish flakes easily with a fork. Brush with lemon mixture during grilling. Serves 4.

HALIBUT WITH CILANTRO AND LIME

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| 1/2 cup (125 mL) chopped fresh cilantro | 1/4 tsp (1 mL) salt |
| 1/4 cup (50 mL) oil | 1 clove garlic, crushed |
| 3 tbsp (40 mL) fresh lime juice | 4 small or 2 large halibut steaks |
| 1/2 tsp (2 mL) red pepper flakes | |

To prepare marinade, combine all ingredients except halibut in a heavy zip-lock plastic bag. Add halibut and squeeze bag to coat halibut with marinade; seal bag. Let stand for 30 minutes. Remove halibut from marinade; discard marinade. Grill halibut over medium heat on natural gas barbecue for 10 - 12 minutes per inch (2.5 cm) of thickness or until fish flakes easily with a fork. Serves 4.

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TERIYAKI TUNA STEAKS

1/2 cup (125 mL) soy sauce	1 tsp (5 mL) sesame oil
2 tbsp (25 mL) dry sherry	1 tsp (5 mL) Worcestershire sauce
2 tbsp (25 mL) chopped green onion	2 cloves garlic, finely chopped
2 tsp (10 mL) grated fresh ginger	2 lb (1 kg) tuna steaks, 1 inch (2.5 cm) thick

To prepare marinade, combine all ingredients except tuna in a heavy zip-lock plastic bag. Add tuna and squeeze bag to coat tuna with marinade; seal bag and place on a plate. Refrigerate, turning bag occasionally, for at least 1 hour or up to 2 hours. Remove tuna from marinade; discard marinade. Grill tuna on an oiled grid over medium heat on natural gas barbecue for 4 - 5 minutes per side. Tuna will be medium rare. Serves 6.

FILLETS PROVENCALE IN FOIL

4 fish fillets	1/4 tsp (1 mL) salt
2 tbsp (25 mL) grated Parmesan cheese	1/4 tsp (1 mL) freshly ground pepper
1 tbsp (15 mL) chopped fresh parsley	4 thin slices onion
1/2 tsp (2 mL) basil, crumbled	8 slices tomato
1/4 tsp (1 mL) garlic powder	1/2 cup (125 mL) thinly sliced green bell pepper

Place each fish fillet on a piece of foil. Combine next 6 ingredients (cheese through pepper); sprinkle evenly over fillets. Place 1 slice onion and 2 slices tomato on each fillet. Arrange green pepper on top. Bring edges of foil together to form a packet; close all edges with tight double folds. Cook packets over medium heat on natural gas barbecue for 15 - 20 minutes. Serves 4.

HALIBUT MEXICANA

1 red bell pepper, cut into chunks	2 cloves garlic, peeled
2 canned chipotle peppers in adobo sauce plus 2 tbsp (25 mL) adobo sauce	1 tsp (5 mL) oregano, crumbled
2 tbsp (25 mL) fresh lime or lemon juice	1/4 tsp (1 mL) salt
1 tbsp (15 mL) olive oil	4 small or 2 large halibut steaks

To prepare marinade, combine all ingredients except halibut in a blender. Process until pureed. Reserve half of marinade to serve with halibut; set aside. Pour remaining marinade into a heavy zip-lock plastic bag. Add halibut and squeeze bag to coat halibut with marinade; seal bag. Let stand 30 minutes. Remove halibut from marinade; discard marinade. Grill halibut on an oiled grid over medium heat on natural gas barbecue for 10 - 12 minutes per inch (2.5 cm) of thickness or until fish flakes easily with a fork. Serve with reserved marinade. Serves 4.

Cook's Note: Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.

LIME FILLETS IN FOIL

4 fish fillets (cod or other firm white fish)	4 tsp (20 mL) butter
2 tsp (10 mL) chopped fresh parsley	8 thin lime slices

Place each fillet on a piece of foil. Sprinkle parsley evenly over fillets. Dot each piece of fish with 1 tsp (5 mL) butter. Place 2 lime slices on top of each fillet. Bring foil up over fish and close all edges with tight double folds. Cook packages over medium heat on a natural gas barbecue for 15 - 20 minutes. Serves 4.