

Miso-Glazed Alaska Halibut with Broccoli-Ginger Slaw



Preparation Time: 15 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

Slaw:

- 2 teaspoons peeled, finely grated fresh ginger
- 1/3 cup fresh lime juice
- 2 Tablespoons granulated sugar
- 2 Tablespoons mirin
- 1 Tablespoon lite soy sauce
- 1 package (12 oz.) broccoli coleslaw (with broccoli, carrots and red cabbage)
- 1 cup red seedless grapes, halved
- 1 cup English cucumber, peeled, seeded, halved and thinly sliced
(or sliced celery)
- 1 medium navel orange, peeled, sectioned and coarsely chopped
- 1/3 cup fresh mint leaves, torn
- 1/4 cup toasted chopped peanuts, if desired

Halibut:

- 2 Tablespoons yellow or white miso (fermented soybean paste)
- 2 Tablespoons mirin
- 1 Tablespoon lite soy sauce
- 1 Tablespoon firmly-packed golden brown sugar
- 1/2 teaspoon peeled, finely-grated fresh ginger
- 4 Alaska Halibut steaks or fillets (4 to 6 oz. each), fresh, thawed or frozen
- 1 Tablespoon olive oil
- 2 teaspoons lightly toasted sesame seeds

Description:

Slaw: In a large bowl whisk together ginger, lime juice, sugar, mirin and soy sauce until sugar dissolves. Add the broccoli coleslaw, grapes, cucumber, orange sections, mint and peanuts just before serving; toss gently.

Halibut: Heat oven to 400°F. In small bowl whisk together miso, mirin, soy sauce, brown sugar and ginger until well blended; set aside.

Heat an oven-safe skillet over medium-high heat. Rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Brush both sides of halibut with oil. Place halibut in heated skillet and cook, uncovered, about 4 minutes, until browned. Turn halibut over and sear the other side, about 2 minutes. Transfer skillet to the oven; bake fish 5 minutes then brush with miso glaze. Bake an additional 6 to 9 minutes for frozen halibut or 2 to 5 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

To serve, divide slaw among four plates. Arrange halibut on top of slaw and sprinkle with sesame seeds.