

Semolina-Crusted Alaska Halibut



Preparation Time: 5 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

4 Alaska Halibut fillets (5 to 6 oz. each), fresh, thawed or frozen

3 Tablespoons grapeseed or olive oil, divided

2 cups semolina flour

1/2 teaspoon kosher salt

Description:

Rinse any ice glaze from frozen Alaska Halibut under cold water, pat dry with paper towel. Drizzle a little oil into a heavy nonstick skillet and heat over medium-high heat. Brush halibut with remaining oil, then roll fish in semolina flour, making sure to cover all sides. Place the fish in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn halibut over and season with salt, then reduce heat to medium. Cook an additional 6 to 8 minutes for frozen halibut or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

Serve over grilled vegetables or fresh greens topped with balsamic and olive oil.

Recipe by Alaska Chef Erik Slater. "Semolina is a bit courser than most flour, has an awesome texture and creates a great crust for Alaska halibut. I really enjoy semolina and seafood together. It's a simple and humble pairing that lends itself to all kinds of sauces and flavors. It won't distract you from the most important thing on the plate: the fish!"