

## Alaska Halibut or Cod Stew with Fennel and Orange



**Preparation Time:** 10 minutes

**Cook Time:** 20 minutes

**Servings:** 4 to 6

### **Ingredients:**

- 1 to 2 Tablespoons olive oil
- 1 sweet onion, peeled and sliced
- 1 fennel bulb, thinly sliced crosswise
- 1 Tablespoon chopped fresh garlic
- 1 can (28 oz.) diced tomatoes, unsalted
- 1 to 2 teaspoons salt, if desired
- 1 teaspoon garam masala
- 4 Alaska Halibut or Cod fillets (4 to 6 oz. each), fresh, thawed or frozen
- 2 medium oranges, peeled and segmented
- 3 Tablespoons chopped fresh dill
- 1 small French baguette, sliced, if desired

### **Description:**

Lightly coat the bottom of the Dutch oven or stockpot with olive oil. Turn heat to medium-high. Add and sauté the onion, fennel and garlic until onion softens, about 5 minutes. Stir in diced tomatoes, salt and garam masala. Cook, covered, an additional 5 minutes over medium heat.

Rinse any ice glaze from frozen fish under cold water; place fillets in stockpot, submerging them in the sauce; top with orange segments. Cover and cook 4 to 5 minutes for frozen seafood or 2 minutes for fresh/thawed fish. Turn off the heat and let seafood rest in liquid for 5 minutes. Sprinkle on dill. Serve stew with baguette slices, if desired.

*Recipe by Ryan and Sara Hall*

Recommended side dish: Israeli Couscous with Squash and Chard