

Poached Halibut (Jim Dodge Seafood)

Show: May 29th

Ingredients: Serves 4

4 pieces Halibut, fresh (6-8 oz each)
2 cups Tomatoes, yellow and red, diced
2 Tbls Basil, fresh, chopped
2 Tbls Parsley, Italian, chopped
salt & pepper to taste
1 cup White Wine, dry

Procedure:

Preheat oven to 350°F.

Place 4 pieces of fresh halibut into baking dish. Sprinkle with diced tomatoes, chopped basil and parsley. Salt & pepper. Pour 1 cup dry white wine in dish. Cover and bake for about 20 minutes or until cooked all the way through.

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