

Halibut with Butternut Squash Coulis and Mushroom and Edamame Sauce

I usually make the coulis ahead of time. Substitute vegetable broth for the chicken broth to make a vegan version. I like my coulis spicy; if you don't I would recommend cutting the spices down. Try using 3/4 tsp of ground cumin and curry powder and 1 tablespoon of ginger instead of two. Make the leftover coulis into a soup by adding more liquid.

For mushrooms I like to use shiitakes but you can use button mushrooms or a mixture of both. I buy frozen edamame beans and use them while they are still frozen.

This makes 4 servings with some leftover coulis and mushroom sauce.

I make my own bread crumbs by putting day old sourdough bread in my Vitamix . Before I bought it, I used my food processor.

Butternut Squash coulis

Ingredients

About 2 lb butternut squash
1 onion, chopped
2 TBS finely chopped ginger
2-3 TBS olive oil
1 tsp ground cumin
1 tsp curry powder
1 1/3 cup chicken broth
salt and pepper to taste

Mushroom and Edamame sauce

6 (250g) ounces mixed mushrooms
1-2 TBS olive oil
1 TBS minced garlic
½ to 1 cup chicken broth
1 cup edamame beans
2 TBS or more chopped chives
2 TBS chopped basil

Halibut

1 ½ to 2 lb skinned Halibut filet.

1 ½ cup fresh homemade breadcrumbs
1 ½ TBS finely grated Parmesan cheese
1 TBS chopped fresh parsley
½ TBS finely chopped fresh thyme
1 tsp tested lemon peel
3 TBS butter melted

Directions

The coulis

Cut the squash in half lengthwise, using a mallet or a big knife if you have one. Scoop out the seeds. Peel the squash; I use a vegetable peeler. Cut the squash into 1-inch chunks; you should have about 4 cups.

Heat the olive oil and add the onions and ginger and cook until limp, for about 10 minutes. Add the cumin and curry and stir until fragrant, about 1 minute. Add 1 ½ cups of broth and the squash. Bring everything to a boil, cover and cook at a lower heat for about 20 minutes until the squash can be mashed with a fork. Blend with an immersion stick, blender or food processor until smooth. If you want a thinner coulis, add some more broth. Season with salt and pepper.

The mushrooms

Wipe mushrooms clean with a wet paper towels. Cut off stems and cut the rest into ½-inch slices. Heat the oil in a large frying pan and stir the mushrooms until they are limp for about five minutes, add the garlic and sauté for another minute. Add the broth, tomato sauce and edamame beans and cook for about five minutes. The soybeans should be tender to the bite. Add half of the chives and basil and season with pepper and salt.

The fish

Preheat the oven to 320° degrees.

Oil a rimmed baking sheet.

Mix the bread crumbs, cheese, herbs and lemon peel. Add salt and pepper to taste and drizzle with melted butter. Mix well.

Place the halibut on a baking sheet and sprinkle the fish with salt and pepper. Cover the fish with the breadcrumb mixture and pat it down with your hands. If you have any leftover breadcrumb mixture, freeze it for later use.

Bake the halibut for about 20 minutes, making sure you don't overcook the fish. The correct cooking time will depend on the thickness of the fish. Bake until fish is barely opaque, but still moist-looking in the center of the thickest part (cutting to test). Plate the food and garnish with the rest of the basil and the chives.

Guten Appetit!

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adapted by © Sunnycovechef

