

Grilled Halibut with Chimichurri

Adapted from a Gourmet Magazine recipe

1/3 cup extra-virgin olive oil
1/4 cup fresh lemon juice
1 tbsp water
1 tbsp minced garlic
1 tbsp minced shallot
1/2 tsp hot red-pepper flakes
1/2 cup chopped flat-leaf parsley
1/4 cup chopped cilantro
2 (6- to 8-oz) halibut fillets



Directions:

Whisk together the 1/3 cup olive oil, lemon juice, water, garlic, shallot, red-pepper flakes, and 1/2 tsp each of salt and pepper until salt has dissolved. Stir in parsley and cilantro. Let chimichurri stand 20 minutes.

Alternately, you can also do this in a food processor. That's what I did as I wanted a finer consistency to my herbs and I was not really wanting to chop them finely.

Meanwhile, prepare grill for direct-heat cooking over medium-hot charcoal (medium heat for gas). Or, set your trusty grill pan over medium high heat.

Now, I took about 1/4 of my chimichurri sauce and spread it over the halibut before cooking. I let it sit for about 10 minutes. If you don't do this, brush a little extra olive oil on the fish and give it some salt and pepper before cooking.

Oil grill rack, then grill fish, covered only if using a gas grill, turning once, until just cooked through, 8 to 10 minutes total. In my grill pan, I found about 5 minutes per side on medium to medium-high was good.

Serve fish drizzled with some of chimichurri; serve remainder on the side. Also on the side here is some whole wheat couscous and chopped cherry tomatoes.

