

# SOY BRINED HALIBUT WITH MUSTARD GREENS

PREP: 5 MIN    SERVES  
TOTAL: 2 HRS    

## HALIBUT FACTS



**SCIENTIFIC NAME:** *Hippoglossus stenolepis*

### WHERE THEY'RE CAUGHT:



**SEASON:** March - November

**CULINARY PROFILE:** Halibut's dense, fat flakes make it perfect for baking, braising, and sautéing.



## INGREDIENTS

- 4 (4-6 OZ) HALIBUT FILLETS
- 1/4 CUP PLUS 1 TABLESPOON SOY SAUCE OR TAMARI
- 2 TABLESPOONS RICE VINEGAR
- 2 TABLESPOONS RAW SESAME SEEDS
- 2 TABLESPOONS TOASTED SESAME OIL
- 6 CUPS MUSTARD GREENS (ABOUT 1 BUNCH), TORN INTO 2 INCH PIECES
- 2 TABLESPOONS FRESH LIME JUICE
- 4 SCALLIONS, THINLY SLICED
- LEMON OR LIME, SLICED, FOR SERVING

## DIRECTIONS

### 1 MARINATE HALIBUT

Combine 1/4 cup soy sauce, vinegar, and 1 cup water in a large ziploc bag. Add the halibut and refrigerate, flipping once, 1-2 hours.

### 2 TOAST SESAME SEEDS

Toast the sesame seeds in a large skillet over medium-high heat, tossing frequently until the seeds are evenly golden brown and smelling toasted, about 4 minutes. Set aside.

### 3 BRAISE HALIBUT

Bring the sesame oil, 1 tbsp soy sauce, and 1 cup water to a simmer in the same skillet. Remove halibut from the brine, and place in the skillet. Cover, and gently simmer 5-7 minutes.

### 4 COOK GREENS

Scatter the mustard greens in the skillet and cook the halibut and greens an additional 2 minutes, or until the greens turn bright green and wilt, and the halibut is just cooked through.

### 5 FINISH SAUCE

Transfer the fish and greens to a serving platter, leaving the soy brine behind. Add the lime juice to the skillet with the brine, swirling to combine.

### 6 SERVE

Spoon the sauce over the fish and sprinkle with scallions and sesame seeds. Garnish with lemon or lime.

**Make it a meal:** Round this recipe out with rice or roasted smashed potatoes (find the recipe at [www.sitkasalmonshares.com/blogs/recipes](http://www.sitkasalmonshares.com/blogs/recipes)), and pair with Sauvignon Blanc.

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