



Recipe

OLIVE WOOD SMOKED GRILLED HALIBUT WITH MUSHROOM WILD RICE



- Ingredients for Halibut

1/4 cup Olive Wood Smoked Olive Oil

2" Sprig fresh rosemary, coarsely chopped

1 tablespoon medium course sea salt or kosher salt

1 teaspoon fresh ground pepper

2 medium fresh lemons quartered

2 pounds fresh halibut fillets about 8 oz. portions - (or your favorite fresh fish such as salmon, cod, squid, octopus. Not into fish? Use poultry such as chicken breasts or thighs. Not consuming animal products? No problem, get out your Portabello mushrooms and/or eggplant.)

I stir well to combine. Allow it to toast together with the aromatics for a couple of minute.

Stir and taste for seasonings. Add more sea salt to your taste if desired.

Add vegetable or chicken broth and the water, bring the rice to a simmer, cover with a tight lid and cook on low flame for 40 minutes. Turn off the flame but do not remove the lid. Allow the rice to sit covered for 10 to 15 minutes and continue cooking in its own steam.

Ingredients for Rice

- 2 cups fresh button mushrooms, quartered
- 1 ½ cups chopped onion (3 medium)
- 1 cup uncooked wild rice, rinsed and drained
- 1 cup uncooked brown rice, rinsed and drained
- 1 teaspoon dried basil, crushed
- ½ teaspoon dried thyme, crushed
- ½ teaspoon dried rosemary, crushed
- ¼ teaspoon black pepper
- Sea Salt to taste
- 4 cloves garlic, minced
- 1 tablespoon Butter Olive Oil
- 1 tablespoon Wild Mushroom & Sage Olive Oil
- 2 -14 ounces cans vegetable or chicken broth
- 1/2 cup of water

Cooking the Rice

Heat up a large deep skillet or pot over medium low flame. Add the Butter Olive Oil and Wild Mushroom & Sage Olive Oil. Stir in the chopped onions and the mushrooms and sautee with a pinch of sea salt until onion is translucent.

Stir in thyme, basil, rosemary, Add the wild rice mix and stir well to combine. Allow it to toast together with the aromatics for a couple of minute.

Stir and taste for seasonings. Add more sea salt to your taste if desired.

Add vegetable or chicken broth and the water, bring the rice to a simmer, cover with a tight lid and cook on low flame for 40 minutes.

Turn off the flame but do not remove the lid. Allow the rice to sit covered for 10 to 15 minutes and continue to cook in its own steam.

Cooking the Fish

Put the rosemary sea salt, and pepper into a small zip bag. Close the bag and crush it a few times between your palms. This will season the salt with rosemary.

In a large zip bag or container with a lid, place the fish fillets. Sprinkle with the rosemary sea salt and gently massage to coat evenly. Add the smoked olive oil and massage again to coat evenly.

Allow the fillets to marinate for about 30 minutes or up to 1 hour.

Grill the fish, skin side down, over medium, indirect flame, flipping after about 4 minutes. Pull the fish off the heat source just before it's done, allowing it to rest, loosely covered in foil for two minutes before serving. This will allow your fish to cook through from the residual heat as opposed to becoming overdone on the exterior. If cooking poultry, make sure to cook through to at least 155 F. Mushrooms and eggplant will require about 15 minutes depending on taste.

Serve with lemon wedges.