

Halibut or Other Steaks (cod, grouper, monkfish, tilefish) Simmered in Soy Broth (makes 4 servings)

1 Tbs. peanut or vegetable oil
1 or 2 halibut steaks (or cod, etc. as noted above);
a total of about 1.5 pounds
1 Tbs. minced garlic
1 Tbs. peeled and minced or grated fresh ginger
1 tsp. dark sesame oil
2 Tbs. soy sauce (I use low sodium Tamari sauce)
1/2 cup chicken, beef, or vegetable stock, or water
(I use Minor's chicken stock, available through
<http://www.soupbase.com>)
1/4 cup minced scallions (spring onions, green onions)

Heat a large non-stick skillet over medium-high heat for 2 or 3 minutes. Add the oil and raise the heat to high; cook the fish for 60 to 90 seconds on each side, just until it begins to brown. Turn the heat to medium-low. Sprinkle the garlic and ginger around the fish, then drizzle the sesame oil over it. Add the soy sauce and stock or water to the skillet, raise the heat to medium and bring to a boil. Turn the heat to low and cover. Cook for 5 minutes. Remove the cover, and with the fish still in the liquid, raise the heat to high and reduce the liquid by about half (this should only take one minute or two). Serve the fish over rice, with some of the sauce spooned over and garnished with the scallions.