

The secret in the salsa are toasted mustard seeds that add a nice crunch. Usually you can find mustard seeds in your grocery store. Be careful when roasting the seeds as they burn easily.

I bought my halibut at Costco and cut it into 6 pieces, the end pieces were smaller. I thought that the texture of the halibut improved after it was chilled for a day.

Ingredients:

2 tsp canola oil
2 tsp brown mustard seeds
1 ½ lb. apricots
4 tsp fresh lemon juice
1 cup diced red onions
1 cup chopped cilantro, chopped
1-½ jalapeño pepper
about 1 Tbs. coarse salt , divided
1 lemon, cut into thin slices
2 ¼ lb. halibut cut into 6 pieces

Directions:

Heat the oil in a skillet, add the mustard seeds, cover and cook them over medium heat until they begin to pop. After a minute remove the skillet from the heat and let it cool down. Be careful I burned my first batch.

Cut the jalapeño in half, remove the seeds and slice thinly. You can control the heat by adding less jalapeño.

Cut the apricots into small slices (about ½ inch). Put the apricots in a large bowl and toss gently with lemon juice, onion, cilantro, and the mustard seeds with the oil. Season with 1 ½ tsp of salt and chill for ½ hour.

Wipe skillet clean and fill half-full with water, add 1 tsp of salt and the lemon slices. Heat water over medium heat until gently simmering. Add the fish and cook, covered, for 5-8 minutes until opaque in the center (cut to check). Don't overcook because the halibut will get tough. Move the fish with a spatula to a plate and chill for at least an hour. Season with salt and pepper and serve cold with a salad and the apricot salsa. My halibut tasted better the next day while the apricot salsa is better the first day.

Guten Appetit
Recipe from Sunset Magazine
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