



### **Sesame Crusted Halibut**

*Extra crunchy Asian inspired dish that's a little spicy, sweet, and tangy*

- 1 cup sliced white part of leeks, rinsed
- 2 Tablespoons oil
- 1/2-pound halibut
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 Tablespoons Panko breadcrumbs
- 1 Tablespoon sesame seeds
- 1 egg
- 1 Tablespoon all-purpose flour
- 1/4 teaspoon ground five spice powder
- 1 Tablespoons liquid coconut oil

**Prepare Leeks:** Cut off the white part of leeks. Discard or set aside green leaves for another use. Cut the white part in half. Clean and slice into half-moon pieces about ¼ to ½ inch thick. Place oil in pan; fry sliced leeks on medium/high heat about 3 to 5 minutes until lightly browned. Remove; set leeks aside to serve on dish under the fish.

**Breading Fish:** Sprinkle halibut with salt and pepper.  
Combine breadcrumbs and sesame seeds in shallow dish.  
Whisk together eggs in another shallow dish.  
Place flour and ground five spice seasoning in third shallow dish.  
Dredge fish in flour, dip in eggs, then coat in breadcrumb mixture.

**Cooking Fish:** Heat oil in sauté pan over medium high until it shimmers. Sauté fish, flipping once until golden brown and an instant thermometer inserted into center registers 130 degrees F. for about 5 to 6 minutes.

**Spicy Sauce:**

2 Tablespoons apple vinegar  
1 Tablespoon lemon juice  
1 Tablespoon soy sauce  
1/2 Tablespoon fish sauce  
1/4 teaspoon minced garlic  
2 teaspoons sesame oil  
2 teaspoons granulated sugar  
1/2 Tablespoon minced (each) ginger; chile peppers; shallots

**Prepare Spicy Sauce:** Combine all ingredients in a small bowl. Stir into pan drippings.

**Coleslaw:**

2 cups coleslaw  
2 mini sweet red peppers, trimmed, sliced  
2 small stalks celery with leaves  
2 sweet oranges, segments removed, chopped

**Prepare Coleslaw:** Toss slaw with 2 Tablespoons prepared warm sauce; serve with fish.

**To Serve:** Arrange halibut on a bed a sauteed leeks; serve with spicy sauce and crunchy coleslaw. Serves: 2

**About the Recipe:** The juicy halibut is crusted with toasty sesame seeds and served with a sauce that is a little spicy, sweet, and tangy. Crunchy coleslaw, flavored with sweet oranges, makes a delicious companion dish.