

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

Sauteed Halibut over Ham Fried Rice with Thai Cucumber Salad

Healthy dish, low in calories, yet high in flavors.

BY CHEF MARTY SLAVIN

Cucumber Salad Ingredients

1 English cucumber,
thinly sliced

1 bunch cilantro

2 Thai chili peppers sliced
very thin. If not available,
1 jalapeño will work

1 bunch cilantro chopped

¼ cup sugar

¼ cup seasoned
rice wine vinegar

¼ cup water

Ham Fried Rice Ingredients

2 eggs, lightly beaten

1 ½ tbs. canola oil

¼ cup cold cooked rice

8 oz frozen peas, thawed

¾ tbs. chopped garlic

¾ tbs. chopped ginger

Dash pepper and chili
powder

1 ½ tsp. soy sauce

Halibut Ingredients

2 pieces, 6 oz. halibut

1 tbs. canola oil

Salt and pepper

Cucumber Salad Directions

Combine sugar, rice wine vinegar, water. Stir until sugar is totally dissolved. Add the rest of the ingredients making sure that all the cucumber slices are totally coated with brine.

Refrigerate until needed. Stir occasionally.

Ham Fried Rice Directions

In a wok, or skillet, heat ½ tsp. oil until shimmering. Add eggs and cook until they are set. Remove and set aside.

Wipe out wok and add remaining oil. Add ginger and garlic, then stir fry until fragrant, about 30 seconds. Add ham, rice, pepper and chili powder, then cook until heated through. Stir in soy sauce and reserved eggs.

Serve immediately.

Sauteed Halibut Directions

Liberal season halibut with salt and pepper. Heat skillet until very hot.

Sear fish in oil for 30 seconds and then turn down heat until medium.

Cook approximately 3 minutes on each side and then remove from heat.

To Serve

Place rice in middle of plate with halibut on top.

Serve half the cucumber salad around each plate.