

Baked Alaskan Halibut with Fresh Herbs and Roasted Red Bee Potatoes

½ lb. red bee or other small round red potatoes, quartered

¼ cup olive oil

(6) 4 oz. portions halibut/kosher salt, ground black pepper

3 tbsp. diced shallots

3 tbsp. minced garlic

3 tbsp. chopped fresh rosemary

1 tbsp. chopped fresh thyme

1 tbsp. chopped fresh mint

Instructions:

1. Preheat oven to 375 F. In a large sauce pan, cook potatoes in boiling salted water for 5 minutes; drain.
2. Spread 3 tablespoons of the oil over a baking pan. Season the fish with salt and pepper; place fish on the oil baking pan.
3. In a small bowl mix together 2 tablespoons of the shallots, 2 tablespoons of the garlic, the rosemary, thyme and mint. Coat each piece of fish generously with the herb mixture. Bake the fish in the oven for 4 to 6 minutes per ½-inch thickness of the fish or until the fish flakes easily when tested with a fork.
4. For the potatoes, in a sauté pan heat the remaining 1 tablespoon oil over medium heat. Add the remaining 1 tablespoon shallots, the remaining 1 tablespoon garlic and if there are herbs left, add them as well; cook about 1 minute or until fragrant. Add the potatoes and sauté for 7 minutes or until nice and crisp outside and tender inside. Serve potatoes with the fish.