

Coconut-Crusted Halibut, Tilapia, or Sea Bass

Recipe By Rivky Kleiman



Cooking and Prep: 
1.5 h

Serves:  12

Contains:   

Preference: Parve

A spectacular burst of flavor that serves as either a starter or a main.

Difficulty: Medium

Occasion: Shavuot

Diet: Low Carb, Pescetarian

Source: Family Table by

Mishpacha Magazine

Ingredients (7)

Main ingredients

- 6 (1-inch) (2.5-cm) fillets halibut or sea bass, skin removed and sliced in half widthwise, or 6 tilapia piece divided in half in the center
- 3/4 cup Gefen Coconut Milk
- 1/4 cup lime juice
- 1 and 1/2 cups coconut flakes

Dressing

- 1/2 cup Gefen Mayonnaise
 - 1/3 cup Tuscanini Apricot Jam
 - 1 tablespoon Gefen Soy Sauce
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Start Cooking

Make the Fish

1. Rinse fish slices and place in a large ziplock bag. Combine coconut milk and lime juice and pour over fish slices. Marinate overnight in the refrigerator or for at least one hour on your counter.
2. Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius). Measure one and a half cups coconut flakes into a 9x13-inch baking pan. Toast coconut flakes for 10 minutes until golden. Remove from oven and mix well.
3. Mix dressing ingredients together until smooth. Place 1/2 of the dressing in a small bowl, reserving the rest to serve with the cooked fish.
4. Place the toasted coconut next to the bowl with the dressing. Remove fish from marinade and pat dry. Coat each piece of fish evenly with dressing and then dredge in the toasted coconut. Place on a baking sheet lined with Gefen Easy Baking Parchment Paper and sprayed with cooking spray. Repeat with remaining pieces of fish. Bake for 20 minutes uncovered. Remove from oven and allow to cool.
Serve each portion with a tablespoon of reserved dressing.

Tip:

This recipe also works well with boneless chicken breasts.

Credits

Photography: Daniel Lailah.

Food Styling: Amit Farber.