

Basic Poached Halibut and Quinoa

Recipe By *Barbara Kafka*



Cooking and Prep:  45
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Serves:  4

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Passover,
Shavuot, Chanukah

Diet: Pescetarian, Gluten
Free, Low Carb

Source: Whisk by Ami
Magazine

I can just hear someone shouting “Oh, no, not quinoa again,” but this is really good. Serve with halibut poached in a court bouillon for a flavorful and healthy meal.

Ingredients (14)

For the Halibut

- 2 cups **Baron Herzog Chenin Blanc** or other dry white wine
- 1 medium onion, sliced into half-moons
- 3 cloves garlic

- 5 whole peppercorns
- 1 lemon, cut across into 1/4-inch slices
- 1 carrot, peeled and cut across into 1/4-inch slices
- 1 bunch parsley
- 1 whole halibut, measuring 1 and 1/2 inches at the thickest section

For the Quinoa

- 3 teaspoons parve chicken bouillon, dissolved in 3 cups boiling water
 - 1 and 1/2 cups quinoa
 - 3 medium stalks celery, peeled and cut into 1/4-inch dice (about 1 cup), leaves reserved
 - 1 cup wild mushrooms, cut into pieces and sauteed
 - Haddar Kosher Salt, to taste
 - freshly ground Gefen Black Pepper, to taste
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Start Cooking

Basic Poached Halibut

The Canadians developed a general rule of thumb for cooking fish - whole or filleted - no matter what the method used: measure the fish at the thickest part and allow 10 minutes per inch, or a fraction of the time for a fraction of an inch. If time is of the essence, fish can be poached in plain water, but this recipe is for a court bouillon, a flavored poaching liquid.

1. Combine all the ingredients except the fish in a stockpot with four cups water. Bring to a boil, and then reduce the heat to simmer for 30 minutes (uncovered).
2. Gently place the fish in the poaching liquid, cover, and cook for 15 minutes. (1 inch = 10 minutes; 1/2 inch = 5 minutes.)

Note:

The number of people served will depend on the variety of fish and the percentage of head and bone. Ask a good fish seller for guidance.

Quinoa with Celery and Mushrooms

I made this quinoa for friends who cannot eat onions or garlic. Looking around for a solution, I found that my freezer had two plastic containers of Boletus mushrooms that I had picked, cooked, and frozen in the summer. If - as is probable - fresh Boletus are not available, use another good mushroom. Even if you don't forage as I do, you will find an expanding selection of flavorful mushrooms in shops - labeled "wild" only to differentiate them from regular mushrooms.

1. In a medium saucepan, bring the stock to a boil over high heat.
2. Add the quinoa and diced celery. Return to a boil, and then reduce the heat to simmer, cover, and cook for 12-14 minutes. Stir in cooked mushrooms and reserved celery leaves (approximately 1/2 cup, chopped). Season with salt and pepper to taste.

Note:

Yields 7 cups. Don't worry if this makes more than you need. My friends took home the leftovers, and so will yours.