

Olive Oil Poached Halibut

Recipe By *Laura Frankel*



Cooking and Prep:  3
h 15 m

Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Shabbat,
Passover, Shavuot, Sukkot

Diet: Gluten Free,
Pescetarian, Paleo, Low Carb,
No Refined Sugar, Salt Free

Source: Whisk by Ami
Magazine

Ingredients (11)

Main ingredients

- 6 cups **Bartenura Extra-Virgin Olive Oil**
- 3 cloves garlic, peeled
- 6 thyme sprigs

- 1 medium rosemary sprig
 - 12 large fresh basil leaves
 - 6 whole black peppercorns (about 1/4 teaspoon)
 - 6 (6-ounce) halibut fillets, skin removed
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Suggested Garnishes

- chopped basil leaves
 - chopped fresh tarragon
 - chopped fresh mint
 - chopped citrus sections
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Start Cooking

Prepare the Fish

1. Preheat a slow cooker to low. Place the oil, garlic, thyme, rosemary, basil, peppercorns, and halibut fillets in the slow cooker insert. Keep the fish in a single layer; do not stack the fillets or they stick together.
2. Cover and cook on low for three hours, until the fish is firm and cooked through.
3. Gently remove the fish with a slotted spatula. Strain the oil and store, covered, in the refrigerator. The oil may be used up to three times for poaching fish.
4. Garnish with chopped herbs and serve with your choice of accompaniment.