



# STEAMED HALIBUT



**SENSORY OBJECTIVES:** FISH HAS A STRONG SMELL, BUT LET IT BE OPENED SO THE SMELL IS IN THE ROOM BUT NOT TOO STRONG. LOOK AT THE CHANGE IN TEXTURE OF RAW FISH VS. COOKED FISH.

**SPEECH OBJECTIVES:** WHAT MAKES THE FISH COOK INSIDE THE PARCHMENT? (STEAM) IS FISH HEALTHY?

## **INGREDIENTS:**

- 1 ½ LBS SMALL RED POTATOES, SLICED ABOUT ¼ INCH THICK
- 4 - 6 OUNCE HALIBUT FILLETS, SKIN REMOVED
- 2 TSP KOSHER SALT
- 1 TSP BLACK PEPPER
- 3 BASIL LEAVES
- 1 LEMON, CUT INTO SLICES
- 4 SCALLIONS, TRIMMED AND CUT INTO 1 INCH PIECES
- 1 TBSP EXTRA VIRGIN OLIVE OIL

## **INSTRUCTIONS:**

PARCHMENT PAPER, CUT INTO 8 15 X 15 INCH SHEETS

HEAT OVEN TO 400 DEGREES F.

DIVIDE 4 OF THE PARCHMENT PAPER SHEETS BETWEEN 2 BAKING SHEETS.

PLACE ¼ OF THE POTATOES IN THE CENTER OF EACH SHEET.

RINSE THE HALIBUT FILLETS AND PAT THEM DRY WITH PAPER TOWELS.

PLACE THE FILLETS ON TOP OF THE POTATOES.

SEASON WITH SALT AND PEPPER.ADD THE BASIL, SCALLIONS AND SLICE OF LEMON. DRIZZLE OIL ON TOP.TOP WITH THE REMAINING PARCHMENT PAPER SHEETS AND FOLD EDGES OVER SEVERAL TIMES TO SEAL.

BAKE FOR 25 MINUTES.TO SERVE, PLACE A PACKET ON EACH PLATE AND CUT OPEN