

Butter-Basted Halibut with Curried Creamed Corn

Ingredients:

- 2 Tbs olive oil
- 1/4 cup shallots, diced
- 2 garlic cloves, minced
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. yellow curry powder
- 1, 14 oz. can of creamed corn
- 3 sprigs of thyme
- 1 cup of halved cocktail tomatoes
- 3 Tbs butter
- 2, 6 oz. Halibut fillets
- fresh basil

Add olive oil to a large skillet over medium-high heat. Add shallots and garlic and cook for 2 minutes, stirring frequently. Add salt, pepper, and curry powder and stir. Pour in can of creamed corn and add thyme sprigs and tomatoes. Cook until it starts to boil and then turn the burner off. Let set on burner (without heat) while preparing the halibut.

How to butter-baste your halibut: In another large skillet, heat butter over high heat. Once melted, add halibut. Let cook for 3 to 4 minutes on one side while continually spooning hot butter on top of the fish. (You can tilt the skillet slightly to help easily spoon the silky butter). The hot butter will cook the top of the fish without the need to flip the fish over. Keep spooning hot butter on top until the fish is done (opaque and fish flakes easily with a fork.)

Remove thyme sprigs from creamed corn mixture and discard. Spoon creamed corn mixture into a dish and place the halibut on top. Add basil and enjoy!!!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"Basting, Poaching, Pan-Searing, or Deep-Frying....
I'll eat it." - Anonymous***