

Halibut with Pan-Cooked Vegetable Hash

Serves 4

Adapted from Mark Bittman

- 4 Tb canola oil
- 4 scallions, chopped
- 2 lbs grated potatoes, sweet potatoes, carrots, and zucchini (or other root vegetables)
- 1 Tb minced ginger and/or garlic
- 1 tsp curry powder
- Salt and black pepper
- ¼ cup cornmeal
- ¼ cup flour
- 4 pieces halibut, skin removed
- ¼ cup chopped flat-leaf parsley
- Lemon or lime wedges (optional)

If you have a food processor with a grating blade, use this to grate all of the vegetables.

Put 2 Tb oil in a large skillet over medium-high heat. Add half of the onion and all of the vegetables. Sprinkle the ginger and/or garlic on top of the vegetables. Season with the curry powder and the salt and pepper. Cook for about 10 minutes, until vegetables are lightly browned. Transfer to a plate.

While the vegetables are cooking, combine cornmeal and flour along with some salt and pepper. Dredge the fish in the cornmeal mixture, pressing it in so some of it sticks. Lightly shake to remove excess.

When you have removed the vegetables from the pan, return it to medium-high heat and add the remaining oil. When the oil is hot, add the fish. Try to cook the fish turning only once until it is browned and cooked-through.

Place some of the vegetable hash on each plate and top with the fish. Sprinkle with the parsley. Optionally you can serve with citrus wedges.