

DEBI SHAWCROSS

Grilled Halibut with Teriyaki Glaze

Glaze:

1 cup soy sauce
2/3 cup unseasoned rice vinegar
1 tablespoon 2 teaspoons sesame oil
2 tablespoons sugar
1/2 teaspoon dried red pepper flakes
2 tablespoons minced gingerroot
6 garlic cloves, minced

4 (6-ounce) halibut filets
1/4 cup toasted sesame seeds
3 green onions (green parts only), chopped, for garnish

Combine all ingredients for glaze in a small saucepan and bring to a boil. Reduce heat to medium/low and simmer 8 minutes. Remove 1/2 cup of glaze and transfer to a small bowl (for marinade); remove 1/2 cup and transfer to a small bowl (for brushing on fish when grilling); reserve remaining glaze in saucepan to reheat and ladle over fish when ready to serve.

Place halibut filets in a baking dish and brush both sides of halibut with some of the glaze. Let marinate 15-30 minutes. Spread sesame seeds out on a plate. Remove halibut from marinade and dip both sides into sesame seeds.

Brush grill grates with cooking oil and heat to medium high. Grill halibut 4 minutes per side, brushing with glaze a few times each side. Transfer to plates and drizzle with reserved glaze. Garnish with chopped green onions.

4 servings

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