

Friday, January 4, 2008

Halibut with Grill-Roasted Lemon and Caper Dressing

Prep time: 15 minutes

Grilling time: 10 to 14 minutes

Dressing

2 medium lemons

4 tablespoons extra virgin olive oil, divided

1 tablespoon capers, drained

1 tablespoon finely chopped fresh chives

1/4 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

Rub

1 teaspoon granulated onion

1 teaspoon finely chopped fresh dill

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

4 halibut fillets, 6 to 8 ounces each and

about 1 inch thick

Extra virgin olive oil

1. Cut a 1/2-inch slice off both ends of each lemon. Cut each lemon in half lengthwise. Lightly brush or spray the cut sides of the lemons with 1 tablespoon of the oil. Grill the lemons over **direct high heat** (450°F to 550°F) until nicely browned, 4 to 6 minutes, turning once. Remove the lemons from the grill and allow to cool. Squeeze the lemons through a sieve into a small bowl. Discard the rinds and seeds. You should have about 1 tablespoon of lemon juice. Add the capers, then whisk in the remaining 3 tablespoons oil to form a dressing. Whisk in the rest of the dressing ingredients, and adjust the seasonings if necessary.

2. In a small bowl mix the rub ingredients.

3. Generously brush or spray the halibut on both sides with oil and season with the rub. Grill over **direct high heat** until the halibut just begins to flake when you poke it with the tip of a knife, 6 to 8 minutes, turning once. Whisk the dressing one last time. Serve the fish warm with the dressing poured over the top.

Makes 4 servings

Grilling Tip:

If the flesh of the fish just begins to flake (in other words, to separate into layers)¹ when you poke it with the tip of a sharp knife, that's perfect.