

NUTRITION



Saffron Halibut Packets served with Saffron Rice and Sautéed Peppers

Serves 4

Saffron Halibut Packets

- Four 6 oz (175 g) skinless halibut fillets
- Saffron Tea
- 2 carrots, thinly sliced on a bias
- 1 1/2 tbsp (22.5 mL) capers, drained and rinsed
- 1/4 cup (60 mL) white wine
- Zest and juice of 1 orange
- 1 tbsp (15 mL) butter
- 1 bunch green onions, top third sliced for garnish, mid third kept whole, bottom whites reserved for rice
- Salt and pepper to taste

1 Place fillets on a plate, stain each with a few threads of saffron from the Saffron Tea, leave in some of the threads, refrigerate for 15 to 20 minutes.

2 Preheat oven to 400°F (200°C).

3 In a sauté pan, add Saffron Tea with carrots, capers, white wine and orange zest and juice. Simmer until carrots are slightly tender, approx. 2 minutes. Add butter, season with salt, stir, remove from heat.

4 Prepare 4 pieces of parchment paper or foil large enough to wrap the fish. Place whole green onion pieces in centre of paper or foil; layer carrot mixture over green onion. Season halibut with salt and pepper, place over carrot mixture. Spoon vegetable sauce over fish, fold in the edges, creating a sealed packet.

5 Place packets on a baking tray with seams of the package down and bake in oven until fish is cooked through, approximately 10 minutes. Once cooked, open packets and garnish with green onion slices.

Saffron Rice

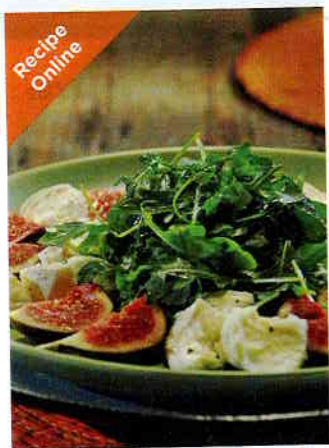
- 1 tbsp (15 mL) butter
- Reserved green onion whites, smashed and roughly chopped
- 1 clove garlic, chopped
- 1 tsp (5 mL) dried saffron
- 2 cups (500 mL) parboiled long grain white rice
- 4 cups (1 L) cold water
- Salt

1 In a pot, melt butter over medium heat; add reserved green onion whites and garlic, and sweat until tender. Add saffron, stir. Add rice, stir to coat rice with saffron. Add water and stir.

2 Bring to a boil, cover, reduce heat to a simmer. Cook 25 minutes until rice is cooked. Season with salt.

For the Saffron Tea and Sautéed Peppers recipes, visit the Nutrition section at healthandlifestyle.ca

Recipe
Online



Arugula Salad

This salad is simple to assemble and offers a whole lot of flavour. Peppery arugula, sweet figs and mozzarella cheese – a great example that fresh and easy can combine to create an exotic dish that tastes fantastic!

For the full recipe visit the Nutrition section at healthandlifestyle.ca

EVERYDAY EXOTIC

the cookbook



The recipes in *Everyday Exotic* capture the most delicious dishes from inspiring episodes with Food Network series host, Chef Roger Mooking. Often overlooked ingredients and ethnic culinary gems transform a familiar dish into an 'exotic' new meal. From pistachio to saffron, Roger demystifies flavour and aroma, blending the familiar with the new to empower chef-at-home cooking. The essence of *Everyday Exotic* is mastery - to identify, shop for and cook an ingredient in different ways. Roger's favourite 'obedient ingredients' take a starring role in each recipe. Published by Whitecap Books (2011).

