

FAST AND SPICY ALASKA HALIBUT

Serves 4

Ingredients:

- 1 tablespoon paprika
- 1.5 teaspoons dried oregano
- 1.5 teaspoons dried thyme
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon cayenne pepper, to taste
- 4 alaska halibut steaks or fillets (4 to 6 oz each), fresh, thawed, or frozen
- 1.5 tablespoons olive oil or ghee

1. Preheat grill or broiler/oven to medium-high heat.
2. Mix together all dry seasoning ingredients until well combined.
3. Rinse any ice glaze from frozen Alaska halibut under cold water; pat dry with paper towel. Place halibut on a spray-coated or foil-lined baking sheet. Brush oil or ghee onto top surfaces of halibut and sprinkle with 1/2 teaspoon seasoning mixture. (For best results with frozen fish, cook halibut 4 minutes before adding oil or ghee and spices.
4. Grill or broil halibut 5 to 7 inches from heat for 13 minutes for frozen halibut OR 8 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

Note:

- Store remaining seasoning mixture in an airtight container for future use.