

## Flavorful recipes from Chef Michael Feker

Every year at this time we are bombarded with **New Year's resolutions**. One of the most common is **eating healthy and dieting**. In my opinion, dieting should not be looked at as what you will lose, but what you should gain. My suggestion to all of you is **go back to the basics**: using **pure, unaltered ingredients** to create what **pleases your palate**. Stop trying to please others by doing things that do not benefit you, just to feed into the chaotic illusion of what we should do. From my kitchen to yours, here is a **recipe** that is **healthy, simple and bursting with flavors**. I hope you think of me at your dinner table or join all of us at **IL MITO**. Your chef, Michael Feker

ps. any questions or concerns you know where to watch me or find me, your home away from home.



# CHEF FEKER'S FLAVOR HEALTHY HALIBUT ESPANOLA



Serves 6

### INGREDIENTS

- 6 (6-ounce) Halibut, Salmon, WI Lake Trout, Tilapia or your favorite fish fillets
- 1/4 cup (2 oz) of extra virgin olive oil aka EVOO
- 1/2 medium-sized onion (red preferred), cut in half moons
- 3 clove garlic, diced fine
- 1/2 teaspoon finely diced fresh rosemary leaves
- 1 teaspoon finely diced fresh thyme leaves
- 1/2 cup of fresh Italian parsley chopped
- 1/2 cup fresh basil, cut in fine strips
- 1 teaspoon of capers, finely diced
- 1/4 pound of pitted Kalamata or your favorite olives
- 1/2 cup white wine (Pinot Grigio, Sauvignon Blanc)
- 1 (16-ounce) can crushed tomatoes
- 1 tablespoon of Spanish paprika
- Sea Salt and freshly ground black pepper to taste

### DIRECTIONS

1. Heat olive oil over medium heat in a saucepan. Sauté the onion and garlic until the onion turns translucent, and the garlic golden.
2. Stir in paprika, rosemary, capers and thyme. Cook for 1 minute, deglaze with white wine. Cook for another minute.
3. Add crushed tomatoes, parsley, basil and olives. Cover and let simmer for 15 minutes.
4. Meanwhile, season the fish with salt and pepper. After your sauce has simmered for 15 min, place fish over the sauce and partially cover the pan. Allow to reduce for another 6 to 8 min.
5. Once the fish starts to flake (test with the back of the fork by pushing down on the flesh of the fish).
6. Arrange fish on a serving dish. Taste your sauce and season with more salt and pepper as it pleases your palate. Spoon the sauce over the fish and enjoy

**CHEF'S NOTE:** I would serve this with a simple rice pilaf or potatoes, tossed in a drizzle of extra virgin olive oil.