

Macadamia Crusted Halibut, Toasted wild Rice and Asparagus Papillote

Servings: 4

Ingredients

- 7 tablespoons butter
- 1 lb Halibut or your favorite fish– divided into 4 equal portions
- ½ cup toasted macadamia nuts – chopped
- 1 – 2 tablespoons agave nectar
- 1 red, yellow or green pepper – large dice
- 1 medium shallot – diced fine
- ½ cup long grain or wild rice
- ½ cup basmati or other aromatic rice
- 1 ¼ cup water or broth or bone broth
- 1 strip lemon peel
- 1 tablespoon fresh lemon juice
- 8 slices lemon
- 1 tablespoon fresh dill - chopped
- pinch salt, pinch pepper + more as directed
- ¼ cup your favorite white wine
- parsley or cilantro – chopped fine
- 1 bunch small stalk asparagus (about 1 lb) – bottoms of stalk removed
- toasted black sesame seeds

Directions

Position the racks in the oven in upper and lower thirds of the oven and preheat to 375°.

Heat about 1 ½ tablespoons butter in a medium (about 3 quart) saucepan on medium heat. Add the shallot and ½ of the pepper. Hit that with a dash of salt and pepper and sauté until tender, about 4 – 5 minutes. Add the rice and stir to coat in the butter, stirring until the rice is browned and starts to make a crackle noise.

Slowly add the liquid, ½ teaspoon salt, lemon peel slice and stir. Cover and reduce the heat to low. Let cook until rice is tender and liquid is absorbed, about 30 minutes.

Remove from heat, remove the lemon peel and fluff the rice with a fork. Set aside.

Prepare the parchment packages. Cut four 12×16-inch sheets of parchment. Fold each sheet in half and cut into a heart. (This shape is easier to seal than a rectangle).

In a bowl, mix the remaining butter, parsley or cilantro, dill, lemon juice, pinch of salt and a pinch of pepper. Reserve about 2 tablespoons and set that aside.

Open the parchment pieces and lay out on the counter. Smear the butter mixture on each parchment, leaving about 3-inch border. Place ¼ of the rice in a mound on each parchment, place ¼ of the asparagus on top of each rice mound and sprinkle the

remaining pepper on top of the asparagus. Divide remaining butter and place on top of the asparagus.

Pat the halibut dry on both sides with a paper towel. Smear the top of the halibut with the agave nectar. Put the macadamia nuts in a shallow dish. Dredge the halibut in the nuts. Sprinkle each piece of halibut with salt and pepper on both sides.

Place the halibut on top of the asparagus. Lay two pieces of lemon slice on top of the halibut and sprinkle to tops of the fish with the wine.

Sprinkle the sesame seeds on each packet.

Fold the other half of the parchment over and line up the edges. Starting at the top of the heart, fold over about ½ inch of the edge, pressing down to make a pretty tight crease. Continue working your way around the edge of the packet, making overlapping folds (like pleats), always pressing firmly and creasing the edge so the folds hold.

Place two parchment packets on a sheet pan, so you'll need two sheet pans.

Place in the oven and bake 12 – 15 minutes, until the packets are puffed up and fragrant. Remove and serve.

Now, I recommend that you plate the parchment packets unopened and let them be opened at the table. There is a remarkable, fragrant steam that is released when they are opened and if you are having guests for dinner, they will be AMAZED!

Variation: instead of macadamia nuts and agave nectar, make more of the butter/seasoning mixture. Smear on top of the halibut, in addition to the other applications in the recipe. Top each piece of halibut with a spoonful of capers.

To toast the macadamia nuts: put nuts in a small fry pan and heat on medium heat. As soon as the nuts are hot and begin to be fragrant, remove from heat – voila, they're toasted! Use same technique for the sesame seeds.