



Steamed Halibut with Sothy

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups rice
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 13.5 ounces coconut milk canned
- ☐ 2 tablespoons ghee
- ☐ 3 curry leaves fresh See Cook's Note
- ☐ 1.5 tablespoons curry powder hot
- ☐ 0.5 teaspoon fennel seeds
- ☐ 2 inch ginger fresh sliced

- ☐ 1 clove garlic sliced
- ☐ 1 tablespoon ginger minced
- ☐ 1 chile green minced
- ☐ 0.5 teaspoon ground turmeric
- ☐ 2 pounds halibut cut into 6 servings, skin and bones removed
- ☐ 0.5 cup heavy cream
- ☐ 1 teaspoon kosher salt
- ☐ 2 teaspoons kosher salt
- ☐ 6 servings kosher salt
- ☐ 2 stalks lemon grass white chopped
- ☐ 1 tablespoon juice of lime
- ☐ 0.5 teaspoon mustard seeds
- ☐ 0.5 cup onion sliced
- ☐ 2 oranges sliced
- ☐ 1 pinch saffron threads
- ☐ 2 shallots sliced
- ☐ 6 star anise
- ☐ 2 tomatoes cut in quarters
- ☐ 2 tablespoons vegetable oil

Equipment

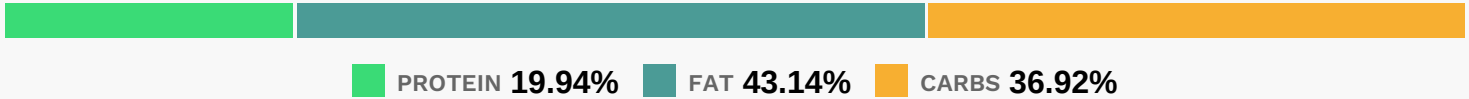
- ☐ sauce pan
- ☐ pot
- ☐ steamer basket

Directions

- ☐ Special equipment: a metal or bamboo steamer basket
- ☐ For the sothy: In a large saucepan heat the vegetable oil over medium high heat.

- ☐ Add the shallots and onion and saute until lightly browned, about 5 minutes. Reduce the heat to medium add the ghee, garlic, ginger, and chile cook for 2 to 3 minutes until fragrant.
- ☐ Add the curry powder, curry leaves, mustard seeds, fennel seeds, turmeric, and saffron and stir for 2 minutes.
- ☐ Pour in the fish stock, coconut milk, tomatoes, and kosher salt. Cook sauce, uncovered, for 15 minutes. Reduce the heat to low and add the lime juice and cream. Keep warm until ready to serve.
- ☐ For the rice: Rinse the rice until the water runs clear then soak in warm water for 10 minutes and drain. In a large pot of boiling, salted water cook the rice for 6 minutes.
- ☐ Strain the rice and keep warm.
- ☐ For the fish: In a pot that fits the steamer basket place the star anise, lemongrass, and ginger and fill with water. Bring water to a boil over high heat. Line the bottom of the steamer basket with the orange slices. Season the halibut with salt and pepper and arrange on top of the orange slices.
- ☐ Place the basket on top of the pot, cover, and steam for 8 minutes.
- ☐ Serve the halibut with the rice and Sothy on the side.

Nutrition Facts



Properties

Glycemic Index:70.95, Glycemic Load:32.65, Inflammation Score:-9, Nutrition Score:34.191739082336%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 12.12mg, Hesperetin: 12.12mg, Hesperetin: 12.12mg, Hesperetin: 12.12mg Naringenin: 6.98mg, Naringenin: 6.98mg, Naringenin: 6.98mg, Naringenin: 6.98mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 722.47kcal (36.12%), Fat: 34.98g (53.82%), Saturated Fat: 22.45g (140.32%), Carbohydrates: 67.35g (22.45%), Net Carbohydrates: 61.94g (22.52%), Sugar: 9.59g (10.65%), Cholesterol: 109.3mg (36.43%), Sodium: 1508.13mg (65.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.38g (72.77%), Selenium: 84.17µg

(120.25%), Manganese: 1.79mg (89.71%), Vitamin B3: 17.68mg (88.4%), Vitamin B6: 1.11mg (55.36%), Phosphorus: 548.6mg (54.86%), Vitamin C: 45mg (54.55%), Vitamin D: 7.42µg (49.49%), Potassium: 1243.41mg (35.53%), Folate: 124.76µg (31.19%), Vitamin B12: 1.69µg (28.25%), Magnesium: 99.82mg (24.96%), Copper: 0.45mg (22.57%), Fiber: 5.41g (21.64%), Iron: 3.49mg (19.4%), Vitamin A: 872.89IU (17.46%), Vitamin E: 2.31mg (15.4%), Vitamin B5: 1.53mg (15.25%), Vitamin B1: 0.22mg (14.66%), Zinc: 2.13mg (14.18%), Vitamin K: 14.29µg (13.61%), Calcium: 104.18mg (10.42%), Vitamin B2: 0.16mg (9.52%)