

Broiled Halibut

Turn on broiler, cover sheet pan with foil.

Rinse and pat dry fish filet.

Place on a plate and drizzle with olive oil and salt. Season with pepper if you choose at the table — Halibut is a delicate fish so pepper can overpower it while cooking and discolor the fish.

Place the empty sheet pan in the broiler to heat up the pan so the fish can cook on the hot surface while the flame cooks the top of the fish.

Place fish, skin side down on hot, foil covered sheet pan.

Fish usually takes 10 minutes per inch to cook so if you have a thin filet it will be faster.

The top of the fish will start to get some color, when it is done you can poke it and it should flake, the layers easily slip apart.

Add fresh herbs and seasonings after the fish is out of the broiler.