

My Mom's Halibut with Garden Herbs

My mother keeps a little pot garden of basic herbs outside her kitchen and is constantly snipping a little of this and a little of that. Even her neighbors ask for a pinch of her herbs once in a while. Getting her to give exact measurements when using herbs in recipes is getting harder and harder since she says, you know, just cut off a bit and toss it in. This is her all-purpose basic coating for firm fish, whether a steak or a fillet, and it makes the fish very flavorful and moist. It's another foolproof and delicious recipe done in the time it takes for you to toss a salad and microwave some leftover rice. You may also use this preparation with salmon.

Cookware: 8-inch Pyrex pie plate

Microwave Wattage: 1,100 to 1,300

Cook Time: 3 to 4 minutes

Standing Time: 2 minutes

Serves 2

Two 6-ounce halibut fillets, skin on, 3/4 to 1 inch thick

1 1/2 teaspoons olive oil

1/3 cup mayonnaise

2 teaspoons minced fresh Italian parsley

1 teaspoon minced fresh chives

1 teaspoon minced fresh dill, tarragon, or other fresh herb

Lemon or lime wedges, for serving

1. Spray the baking dish with nonstick olive oil spray. Place the fillets side by side and rub both sides with the olive oil.

2. In a small bowl, stir together the mayonnaise, parsley, chives, and dill. With a small spatula, divide the sauce between the two fillets, slathering the top surface with a thick coating like icing.

3. Cover with waxed paper. Microcook on HIGH for 3 to 4 minutes, or until the fish loses its translucency and flakes when gently lifted with a fork. Allow to stand, covered, for 2 minutes to finish cooking. Serve immediately with lemon or lime wedges.