

Halibut Cubes in Thai Green Curry Sauce

1 can (15 ounces) unsweetened coconut milk (see notes)	2 medium firm but ripe tomatoes, peeled, seeded and coarsely diced
1 to 2 tbs Thai green curry paste (see notes)	(OR use the equivalent amount canned, drained diced tomatoes)
1/4 cup sliced green onions	Handful of fresh basil or mint leaves OR a combination
1/2 pound green beans, trimmed and cut into 1-inch lengths	
1 tbs Thai fish sauce	
1 lb halibut steaks or fillets, skinned, boned and cut into 1-inch cubes	

Do not shake coconut milk before opening can. Skim 1/4 cup of thick “cream” from surface of milk and heat it in wok or saucepan over medium heat until bubbly. Add curry paste, green onions and green beans and cook until mixture is quite fragrant and oil begins to separate from cream. Discard remaining cream from

coconut milk if desired, then add remaining milk and fish sauce to pan. Bring to a boil, lower heat to medium and cook until mixture is reduced by half. Add fish cubes and tomatoes and simmer until fish is done, about 6 minutes. Stir in basil leaves and serve with rice. Makes 4 servings.

Notes: Coconut milk is high in saturated fat, so if you’re watching calories, discard the oil-rich coconut “cream” and use 1 tablespoon peanut or corn oil when cooking the curry paste, green onions and green beans. You’ll lose just a bit of the coconut flavor. Look for Thai green curry paste in Asian markets.

Per serving: 356 calories, 12g carbohydrate, 24g protein, 25g fat (20g saturated), 29mg cholesterol, 324mg sodium, 2g dietary fiber. Calories from fat: 63%.

This first recipe, which Bruce considers “Outstanding”, is from “West Coast Seafood” (Sasquatch Books, \$23.95) by Jay Harlow