Wes Romine and May Tan

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  Asian Style Steam Halibut (Sea Bass also works)

With a Steam Oven:   Lightly salt and pepper the Halibut and put in a dish with sliced ginger and green onion.  Add roughly a couple teaspoons of

sesame oil and about a tablespoon of soy sauce.    Put it in the steam oven for 10 minutes.  Take out and garnish with cilantro before serving.

Without a Steam Oven:  Use a large pot with a lid.   Add water to the bottom and put a metal basket or something you can put a dish on to keep it out of the water.   Bring the water to a boil and add the dish with lightly salted and peppered Halibut with sliced ginger.   Steam for 10 minutes.  Then add sesame oil, soy sauce, sliced green onion and cilantro.  Turn the stove off and let sit for a couple minutes with the lid on before serving.

The proportions do not need to be exact.  It’s simple, easy, quick and healthy.