

Pan Roasted Fish with Turmeric Brown Butter

Ingredients:

- * 2 halibut, cod or any white fish fillets 8 oz each
- * 2 Tbs extra Virgin olive oil
- * 4 Tbs unsalted butter
- * 1/2 tsp himalayan salt
- * 1/2 tsp black pepper
- * 1/2 tsp powdered ginger
- * 1/2 tsp powdered turmeric
- * Juice of 1 lemon

Directions:

- Set a large heavy bottomed skillet over medium heat. add the olive oil and butter.
- Using paper towels, pat the fish fillets dry.
- Season the fish on all sides with salt and add to the pan, making sure to leave space between the pieces.
- Cook, without moving until nicely browned and the fish releases from the pan, about 3 minutes.
- Flip and continue cooking for 3 minutes.
- Move the fish to one side of the pan. Add the ginger and the turmeric. carefully tilt the pan so that the butter sauce pools to the side.
- With a spoon, baste the fish with the sauce until the butter has browned and begins to froth, about 2 minutes.
- Add the lemon juice and the 1/2 teaspoon of black pepper to the pan and continue basting the fish until the flesh turns opaque and begins to flake, about 2 minutes.
- Remove the fish from the pan and drizzle with any remaining sauce, serve.

Roasted Broccoli with Pine Nuts

Ingredients:

- * 1 large head of broccoli (1 1/2 pounds),
- * 1/4 cup extra-virgin olive oil
- * Kosher salt
- * Freshly ground pepper
- * 1 and 1/2 tablespoons pine nuts
- * 2 teaspoons fresh lemon juice
- * 1 teaspoon minced shallot

Directions:

- * Cut broccoli into 1 and 1/2-inch florets, stems peeled and sliced 1/4 inch thick.
- * Preheat the oven to 400°.
- * On a large baking sheet, toss the broccoli florets and stems with 2 tablespoons of the olive oil and season with salt and pepper.
- * Roast the broccoli in the oven for about 30 minutes, tossing halfway through, until browned and tender.
- * Meanwhile, in a small skillet, toast the pine nuts over moderate heat until light golden all over, about 4 minutes.
- * In a small bowl, whisk the lemon juice with the shallot and the remaining 2 tablespoons of olive oil; season the dressing with salt and pepper. Scrape the broccoli into a serving bowl. Add the dressing and toasted pine nuts, toss well and serve.