



Eating Well on Whidbey Island

SEAFOOD

Seafood on Whidbey Island

Tap into the rich seafood bounty of the Salish Sea surrounding Whidbey Island. These bountiful waters provide fresh, delicious ingredients to elevate your culinary feast.

Immerse yourself in the flavors of the region with recipes that celebrate the freshest, most succulent treasures sourced right from our local shores. Indulge in the velvety richness of freshly harvested oysters, the sweet succulence of Dungeness crab, the delicate flakiness of trout, the robustness of salmon, and the tender opulence of halibut.

Venture out to harvest your own or source from the island's grocery stores and specialty markets offering the finest, freshest catches. Cooking with these top-quality offerings captures the authentic essence of the region.

Let this book be your guide to transforming the ocean's gifts into mouthwatering creations that celebrate Whidbey Island's natural bounty.



whidbeyislandprovisions.com



Penn Cove Mussels in White Wine

- 4 tablespoons unsalted butter
- 1/2 cup shallots, finely chopped
- 6 garlic cloves, finely chopped
- Pinch of salt
- 3 cups dry white wine
- 1/4 cup flat-leaf parsley, chopped
- 4 pounds Penn Cove mussels, cleaned

In a large pot, melt butter over medium heat. Cook shallots, garlic, salt until soft, about 1-2 minutes. Add wine, parsley, bring to boil. Gently add mussels, cover, steam for 5 minutes until open, stirring midway. Remove from heat. Serve mussels with sourdough bread.

Saffron Penn Cove Mussels with Orzo & Tomatoes

- 2 pounds Penn Cove mussels, cleaned and debearded
- 1 cup orzo pasta
- 1 cup cherry tomatoes, halved
- 1/2 teaspoon saffron threads
- 3 cloves garlic, minced
- 1 cup white wine
- 2 tablespoons olive oil
- Salt and pepper, to taste

Cook the orzo according to the package instructions until al dente. In a bowl, soak saffron threads in 2 tablespoons of warm water and let sit for about 10 minutes. In a pot, heat olive oil over medium heat, add minced garlic, and sauté until fragrant, about 1 minute. Pour in wine and saffron with its soaking water, bringing to a simmer. Add mussels, cover, and cook for about 5-7 minutes, or until the mussels have opened, discarding any that do not open. Add the cooked orzo and halved cherry tomatoes to the pot with the mussels, stirring gently to combine and heat through. Season with salt and pepper to taste.



Spanish-Style Mussels in Tomato Sauce

- 2 pounds mussels, cleaned and debearded
- 2 cups diced tomatoes
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1/2 cup white wine
- 2 tablespoons chopped parsley
- Salt and pepper to taste

In a skillet, heat oil, sauté onion until softened, about 3 minutes. Stir in tomatoes, paprika, salt, pepper, cook for 4 minutes. Pour in wine, simmer. Add garlic, cook for 1 minute. Add mussels, coat in sauce. Cover, cook 4-5 minutes until mussels open. Discard closed mussels. Sprinkle parsley. Serve with bread or rice.

Mussels au Gratin

- 2 pounds mussels, cleaned and debearded
- 1/2 cup grated Gruyere cheese
- 1/4 cup white wine
- 2 shallots, finely chopped
- 2 cloves garlic, minced
- 2 cloves garlic, minced
- 1/4 cup bread crumbs
- 2 tablespoons butter
- 2 tablespoons chopped parsley
- Salt and pepper to taste

Preheat oven to 400°F. Melt butter in skillet over medium heat. Sauté shallots and garlic until softened, about 2 minutes. Add white wine, simmer. Add mussels, cover, cook 5-7 minutes until opened. Discard unopened mussels. Transfer to baking dish. Mix Gruyere cheese, bread crumbs, parsley, salt, and pepper. Sprinkle over mussels. Bake 8-10 minutes until cheese melts and breadcrumbs golden. Cool slightly before serving. Garnish with parsley.



Blackberry Glazed Salmon

- 4 salmon filets
- 1 cup fresh blackberries
- 1 tablespoon balsamic vinegar
- 2 tablespoons honey
- 1 tablespoon olive oil
- Salt and pepper to taste

Preheat oven to 375°F. Simmer blackberries, honey, balsamic vinegar for 5–7 mins. Strain. Season salmon with salt, pepper. Sear in olive oil for 3–4 mins, skin-side down. Flip, glaze with blackberry mixture. Bake for 5–7 mins until cooked. Serve hot, drizzled with remaining glaze.

Jalapeño Citrus Salmon

- 1 lime, sliced
- 1/2 orange, sliced
- 1 1/2 pound salmon filet
- Kosher salt
- 1/4 cup freshly squeezed orange juice
- Zest of 1 lime
- 2 tablespoons honey
- 1 jalapeño, seeded, and chopped
- 1 clove garlic, minced
- Freshly ground black pepper

Preheat oven to 400°. Line a baking sheet with foil. Spread lime and orange slices, then lay salmon on top. Season with salt and pepper. Mix juices, zest, honey, jalapeño, garlic. Drizzle over salmon. Bake until it's cooked through, around 30 minutes, basting every 10 minutes.



Salmon Tacos with Mango Salsa

- 1 pound salmon fillets, skin removed
- 1 tablespoon taco seasoning
- Salt and pepper, to taste
- 2 tablespoons olive oil
- 1 ripe mango, diced
- 1/4 cup red onion, finely diced
- 1/4 cup fresh cilantro, chopped
- 1 jalapeño pepper, seeded and finely diced
- Juice of 1 lime
- Salt, to taste

Preheat grill or skillet over medium-high heat. Season salmon with taco seasoning, salt, and pepper on both sides. Drizzle olive oil evenly. Cook salmon for about 6-7 minutes on each side, or until easily flaked. Combine diced mango, red onion, cilantro, jalapeño, lime juice, and salt. Once salmon is cooked and cooled slightly, flake it. Warm tortillas. Assemble tacos with flaked salmon, mango salsa, and desired toppings. Serve immediately with lime wedges.

Salmon Piccata

- 4 salmon fillets, skin-on or skinless
- Salt and pepper
- All-purpose flour
- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- 1/4 cup dry white wine
- 1/4 cup chicken broth
- 2 tablespoons capers, drained
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons parsley, chopped
- Lemon slices

Season salmon with salt and pepper. Lightly coat in flour. Heat butter and oil in skillet. Cook salmon until golden brown and cooked through. Remove and cover. Add wine and broth to skillet, simmer. Stir in capers and lemon juice. Finish with parsley. Return salmon to skillet, spoon sauce over. Garnish with lemon.



Thai-Style Clam Curry

- 2 tablespoons coconut oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tablespoon grated ginger
- 2 tablespoons Thai red curry paste
- 1 can (14 ounces) coconut milk
- 2 tablespoons fish sauce
- 1 tablespoon sugar
- 2 pounds fresh clams, cleaned
- Juice of 1 lime
- 1/4 cup chopped fresh cilantro
- Cooked rice or noodles, for serving

In a pot, sauté onion in coconut oil until soft, then add garlic, ginger, and red curry paste. Pour in coconut milk, fish sauce, and sugar, bringing to a simmer. Add cleaned clams, cover, and cook until opened. Discard any unopened clams. Stir in lime juice and cilantro. Serve hot over rice or noodles.

Clam Linguine with Tomato & Basil

- 8 oz linguine
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 cup cherry tomatoes, halved
- 1 pound fresh clams, cleaned
- 1/4 cup white wine
- 1/4 cup fresh basil leaves, torn
- Salt and pepper to taste
- Grated Parmesan cheese for serving

Cook linguine until al dente, reserving 1/2 cup pasta water. Sauté garlic, tomatoes until soft. Add clams, wine, cover, cook until opened. Discard unopened clams. Stir in torn basil, season. Toss with pasta, adding pasta water as needed. Serve hot with Parmesan.



Clams with Pancetta and White Beans

- 2 pounds clams, scrubbed
- 4 ounces pancetta, diced
- 1 can (15 oz) white beans, drained and rinsed
- 2 cloves garlic, minced
- 1/2 cup white wine
- 2 tablespoons chopped parsley
- 2 tablespoons olive oil
- Salt and pepper to taste

In a pot, sauté onion in coconut oil until soft, then add garlic, ginger, and red curry paste. Pour in coconut milk, fish sauce, and sugar, bringing to a simmer. Add cleaned clams, cover, and cook until opened. Discard any unopened clams. Stir in lime juice and cilantro. Serve hot over rice or noodles.

Grilled Clams with Herb Butter

- 2 dozen fresh clams, scrubbed clean
- 1/2 cup (1 stick) unsalted butter, softened
- 2 cloves garlic, minced
- 2 tablespoons fresh parsley, finely chopped
- Pinch of red pepper flakes
- 1 tablespoon fresh thyme leaves
- 1 tablespoon fresh lemon zest
- Salt and black pepper to taste
- Lemon wedges, for serving

Preheat the grill to medium-high heat. Mix softened butter, garlic, parsley, thyme, lemon zest, red pepper flakes, salt, and pepper. Spread cleaned clams on foil, spoon herb butter over them, and seal the packet. Grill for 8-10 minutes until clams open. Transfer to a platter, discard unopened clams, and serve hot with lemon wedges.



WHIDBEY
ISLAND

Slits White
COMMERCIAL DISTILLERS
EMIL H. CRAB COMPANY

Dungeness Crab Cakes

- ½ cup good mayonnaise
- 1 large egg, whisked
- 2 teaspoons Dijon mustard
- ½ teaspoon celery seed
- 2 teaspoons fresh dill, chopped
- ½ teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon lemon juice
- 1 ⅓ cups Panko breadcrumbs
- 1 pound Dungeness meat

In a large bowl, combine mayonnaise, egg, mustard, celery seed, paprika, dill, salt, lemon juice, and half the breadcrumbs. Add crab meat and remaining breadcrumbs. Carefully mix without breaking up the meat. Refrigerate for 1 hour. Shape into patties. Freeze. In a skillet over medium heat, cook crab cakes until browned and cooked through. Serve with your choice of sauce.

Dungeness Crab and Corn Fritters

- 1 cup Dungeness crab meat
- 1 cup fresh or frozen corn kernels
- 1/2 cup all-purpose flour
- 2 eggs
- 1 teaspoon baking powder
- 2 green onions, finely chopped
- 1 teaspoon Old Bay seasoning
- Salt and pepper to taste
- Vegetable oil for frying

In a bowl, combine Dungeness crab meat, corn kernels, flour, eggs, baking powder, green onions, Old Bay seasoning, salt, and pepper until evenly mixed. Heat oil in a skillet to 350°F. Spoon mixture into hot oil, forming fritters. Fry 2-3 minutes on each side until golden and crisp. Drain cooked fritters on a paper towel-lined plate. Repeat frying with remaining batter in batches. Serve with dipping sauce like aioli, tartar, or sweet chili.

Dungeness Crab Lettuce Wraps

- 1 pound Dungeness crab meat
- Butter lettuce leaves
- 1 cucumber, julienned
- 1 carrot, julienned
- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 2 green onions, sliced
- Salt and pepper to taste

Combine Dungeness crab, julienned cucumber, and carrot in a bowl. Whisk soy sauce, rice vinegar, and sesame oil in another bowl for dressing. Toss crab mixture with dressing. Season with salt and pepper. Arrange lettuce leaves on a platter. Spoon crab mixture onto leaves. Top with green onions. Serve immediately for guests to assemble wraps.

Dungeness Crab Avocado Toast

- 1 pound Dungeness crab meat
- 2 ripe avocados
- 4 slices of sourdough bread
- 1 lemon
- Red pepper flakes
- Salt and pepper to taste
- Olive oil for drizzling
- Fresh cilantro or parsley for garnish

Toast bread until golden and crisp. Halve and pit avocados, then mash until smooth. Season with salt, pepper, and lemon juice. Spread avocado onto toast. Top with crab meat. Drizzle with olive oil. Garnish with cilantro or parsley. Serve with lemon wedges.





Grilled Oysters with Roasted Tomato Butter

- 2 pints cherry tomatoes
- 1 clove garlic, minced
- Kosher salt and freshly ground black pepper
- 1 tablespoon fresh thyme, chopped
- 16 tablespoons unsalted butter, room temp
- 16 tablespoons unsalted butter, room temp
- 1 tablespoon fresh basil, chopped
- 1 tablespoon balsamic vinegar
- 12 medium to large oysters
- Rock salt (optional)

Preheat oven to 400°F. Toss tomatoes, garlic, salt, pepper, thyme. Roast 15–20 mins until soft. Blend softened butter, basil, balsamic vinegar, 1 cup roasted tomatoes in a processor. Transfer. Preheat grill to 400°F. Spread salt or foil in a skillet. Shuck oysters, leaving half shell. Nestle in salt or foil. Top with 1–2 tsp butter. Grill covered 5–6 mins until bubbly. Serve with extra butter.

Salish Sea Oysters with Cucumber & Mint

- 12 fresh oysters
- 10 tablespoons cucumber, finely diced
- 4 tablespoons red onion, finely diced
- 4 tbsp mint leaves, finely chopped
- 2 tsp extra virgin olive oil
- Salt and pepper to taste

Combine all ingredients in a small bowl. Chill in the fridge. Shuck oysters. Spoon sauce over each oyster before serving.



Oysters with Prosciutto and Melon

- 12 fresh oysters, shucked
- 6 slices of prosciutto
- 1/2 small melon (cantaloupe or honeydew), thinly sliced
- Balsamic glaze
- Fresh basil leaves
- Salt
- Black pepper

Preheat the broiler. Arrange shucked oysters on a baking sheet, wrap each with prosciutto, and broil until crisp. While broiling, lay sliced melon on a platter. Once done, place one oyster on each melon slice, drizzle with balsamic glaze, garnish with basil, and season lightly.

Oyster and Bacon Gratin

- 24 fresh oysters, shucked
- 6 slices of bacon, cooked and crumbled
- 1 cup bread crumbs
- 1/2 cup Parmesan cheese, grated
- 2 cloves garlic, minced
- 2 tablespoons fresh parsley, chopped
- Zest of 1 lemon
- 4 tablespoons butter, melted

Preheat oven to 400°F (200°C) and grease a baking dish. Arrange shucked oysters in the dish. In a bowl, mix bacon, bread crumbs, Parmesan, garlic, parsley, and lemon zest. Drizzle with melted butter, toss to coat. Spoon mixture over oysters, covering each. Bake for 10–12 mins until golden and crispy. Let cool slightly before serving. Enjoy hot as an appetizer or part of a seafood feast.



WHIT
IGLAN

147

Spicy Shrimp and White Cheddar Grits

- 1 pound shrimp peeled, deveined, and tails removed
- 2 tablespoon olive oil
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 2 cloves garlic, minced
- 1 teaspoon salt, divided
- 1 teaspoon salt, divided
- 4 cups water
- 1 cup grits
- 1/4 cup unsalted butter
- 2 cups white cheddar, shredded
- 1 tablespoon fresh chives, chopped

Boil water with 1/2 tablespoon salt in saucepan. Stir in grits, cook 15-20 mins until absorbed. Meanwhile, season shrimp with cayenne, paprika, garlic powder, and salt. Heat olive oil in skillet, cook shrimp until pink and opaque, 2 mins per side. Remove from heat. Stir butter and white cheddar into cooked grits until smooth. Serve topped with shrimp, sprinkle with chives.

Spot Shrimp Ceviche

- 1 pound spot shrimp, peeled, deveined, and diced
- 2 tomatoes, diced
- 1 small red onion, finely chopped
- 1 jalapeño pepper, seeded and finely chopped
- 1/2 cup fresh cilantro, chopped
- 1/2 cup fresh lime juice
- Salt and pepper to taste
- Tortilla chips or crackers, for serving
- Avocado slices, for garnish

In a large bowl, mix spot shrimp, tomatoes, onion, jalapeño, and cilantro. Pour lime juice over the mixture, toss to coat. Season with salt, pepper to taste. Cover, refrigerate for 30 mins for flavors to blend and shrimp to "cook". Stir and adjust seasoning to taste. Serve chilled, garnish with avocado.

Cajun Shrimp Skewers

- 1 pound large shrimp, peeled and deveined
- 2 tablespoons Cajun seasoning
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 2 tablespoons lemon juice
- Salt and black pepper to taste
- Wooden skewers, soaked in water for 30 minutes

Combine Cajun seasoning, olive oil, minced garlic, lemon juice, salt, and black pepper in a bowl. Coat peeled and deveined shrimp evenly in the marinade, let marinate for 15-30 minutes in the fridge. Preheat grill to medium-high heat. Thread shrimp onto soaked skewers. Grill skewers for 2-3 minutes per side until shrimp are pink and opaque. Transfer skewers to a platter, garnish with parsley or cilantro if desired. Serve hot with lemon wedges for squeezing over shrimp.

Coconut Lime Shrimp Curry

- 1 pound shrimp, peeled and deveined
- 1 can (13.5 oz) coconut milk
- 2 tablespoons red curry paste
- Juice of 1 lime
- 2 tablespoons fish sauce
- Fresh cilantro, chopped (for garnish, optional)

Heat coconut milk in a skillet until simmering. Stir in red curry paste, cook for 2-3 minutes. Add shrimp, coat in curry mixture. Cook shrimp for 5-7 minutes until pink and cooked. Stir in lime juice and fish sauce. Adjust seasoning. Remove from heat, garnish with cilantro. Serve over rice or noodles.



Trout Meunière

- 4 trout fillets
- Salt and black pepper
- 1/2 cup all-purpose flour
- 4 tablespoons unsalted butter
- 2 tablespoons olive oil
- Juice of 1 lemon
- 2 tablespoons chopped fresh parsley
- Lemon wedges

Pat trout fillets dry and season with salt and pepper. Dredge each fillet in flour, shaking off excess. Heat 2 tablespoons of butter and olive oil in a large skillet over medium-high heat. Cook fillets for 3-4 minutes per side until golden brown and cooked through, then transfer to a plate and keep warm. Wipe skillet clean, add remaining butter, and let it brown slightly. Add lemon juice and parsley, stir, and cook for 1 minute. Pour sauce over trout and serve immediately with lemon wedges.

Trout Amandine

- 2 whole (10 ounce) trout, pan-dressed
- Salt and pepper
- ¼ cup all-purpose flour
- 4 tablespoons butter
- ½ cup blanched slivered almonds
- 2 tablespoons lemon juice
- 1 tablespoon fresh parsley
- 8 slices lemon

Rinse and pat dry trout, then season inside and out with salt and pepper. Dredge trout in flour. In a large skillet, melt 2 tablespoons of butter over high heat, then add trout and brown on both sides. Lower heat to medium and cook for about 5 minutes on each side until cooked through. Transfer to a serving plate and keep warm. Wipe out the pan, add 2 tablespoons of butter, and cook over medium heat until it begins to brown. Add the almonds and brown them. Pour the sauce and almonds over the fish, sprinkle with lemon juice and parsley, and garnish with fresh lemon slices.

Chili Lime Grilled Trout

- 4 trout fillets
- Salt
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 lime, juiced and zested
- 2 tablespoons olive oil
- 1 tablespoon fresh cilantro, chopped
- Lime wedges

Preheat grill to medium-high heat. Season trout fillets with salt. In a bowl, mix chili powder, cumin, lime juice, lime zest, and olive oil. Brush the mixture over the trout fillets. Grill the fillets for 4-5 minutes on each side until cooked through. Garnish with cilantro and serve with lime wedges.

Citrus Trout Tacos

- 4 trout fillets
- 1 orange, juiced
- 1 lime, juiced
- Salt and black pepper
- 8 small flour tortillas
- 1 avocado, sliced
- 1/2 cup cilantro, chopped
- Lime wedges

Marinate the trout fillets in orange and lime juice, salt, and pepper for 30 minutes. Grill the trout over medium-high heat for 4-5 minutes per side until cooked through. Warm the tortillas on the grill. Flake the trout and divide it among the tortillas, topping with avocado slices and cilantro. Serve with lime wedges.





Lemon Garlic Butter Baked Cod

- 1 lemon
- ¼ cup unsalted butter melted
- 1 clove garlic minced, or ¼ teaspoon garlic powder
- 1 teaspoon lemon pepper
- ½ teaspoon dried dill weed
- 4 cod loins or filets, 4-5 oz each
- 1 tablespoon parsley, chopped

Preheat oven to 400°F. Slice half of the lemon and juice the other half to obtain 1 tablespoon of lemon juice. Lay lemon slices in a casserole dish. Whisk together melted butter, minced garlic, and lemon juice. Pat cod filets dry with a paper towel, sprinkle with lemon pepper and dill weed, and place over lemon slices. Pour garlic butter mixture over the cod and bake for 15-20 minutes, or until fish is opaque and flakes easily. Sprinkle with parsley and spoon butter over.

Baked Ginger Soy Cod

- 1 Inch piece of ginger, cut into fine matchsticks
- 6 scallions, both white and green parts, cut on the diagonal into 1/2" pieces
- 1 Tablespoon peanut oil
- 1/4 cup soy sauce
- 1 tablespoon Asian sesame oil

Preheat oven to 400°F and bake fish for 10-15 minutes, depending on size. In a small skillet, heat peanut oil until very hot, then add ginger and cook, stirring constantly, for 1 minute until fragrant. Add scallions, soy sauce, and sesame oil, stirring over low heat just to warm through. Place the cooked fish fillets over white rice and spoon the sauce on top.

Cod with Lemon Herb Crust

- 4 cod fillets
- Salt and black pepper
- 1/2 cup breadcrumbs
- Zest of 1 lemon
- 2 tablespoons olive oil
- 2 tablespoons chopped fresh herbs (such as parsley, thyme, or dill)
- 1 tablespoon Dijon mustard
- Lemon wedges (for serving)

Preheat oven to 400°F. Season cod fillets with salt and pepper. In a bowl, mix breadcrumbs, lemon zest, chopped herbs, olive oil, and Dijon mustard until well combined. Press the mixture onto the top of each cod fillet. Place fillets on a baking sheet and bake for 12-15 minutes until the crust is golden and the fish is cooked through. Serve with lemon wedges.

Mediterranean Style Foil Packet Cod

- 4 cod fillets
- Salt and black pepper
- 1/4 cup Kalamata olives, pitted
- 1/2 cup cherry tomatoes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon dried oregano

Preheat oven to 375°F and season cod fillets with salt and pepper. Place each fillet in the center of a piece of aluminum foil. Divide cherry tomatoes and Kalamata olives among the foil packets. In a bowl, mix minced garlic, olive oil, and dried oregano, then drizzle over fillets and vegetables. Fold foil edges tightly to create packets. Bake for 15-20 minutes until the fish flakes easily. Serve the cod with roasted tomatoes and olives.





Poached Halibut in Thai Coconut Curry Broth

- 4 halibut fillets (6 oz each)
- 1 can (14 oz) coconut milk
- 2 tablespoons Thai red curry paste
- 2 cups chicken or vegetable broth
- 1 tablespoon fish sauce
- 1 tablespoon brown sugar
- 1 red bell pepper, thinly sliced
- Fresh cilantro, for garnish

Combine coconut milk, Thai red curry paste, broth, fish sauce, and brown sugar in a large saucepan. Bring to a simmer over medium heat, stirring occasionally. Add halibut fillets and sliced red bell pepper, ensuring the fish is submerged. Cover and poach for 8–10 minutes until opaque and flaky. Carefully remove the fillets, place on serving plates, and ladle the curry broth over them. Garnish with fresh cilantro before serving.

Pan-Seared Halibut with Cherry Tomatoes & Basil

- 1 pint cherry/grape tomatoes, halved
- 2 medium garlic cloves, minced
- 1 teaspoon red wine vinegar
- 2 tablespoons basil, chopped
- Ground black pepper
- 4 (6-ounce) skinless halibut filets
- 3 tablespoons olive oil, divided
- Salt

In a medium bowl, combine tomatoes, garlic, vinegar, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{8}$ teaspoon pepper. Set aside. Season halibut with $\frac{3}{4}$ teaspoon salt and $\frac{1}{2}$ teaspoon pepper. Heat 2 tablespoons oil in a skillet over medium-high heat. Cook fish until golden brown, about 3 minutes per side. Transfer halibut to a plate. Add remaining oil to the pan, then cherry tomato mixture. Cook until tomatoes break down, then stir in basil. Serve halibut with tomatoes spooned over top.

Halibut with Chimichurri Sauce

- 2 8- ounce fresh skinless halibut fillets
- 2 tablespoons oil
- 1 teaspoon unsalted butter
- 1/2 chimichurri sauce recipe (See page 29 for recipe)
- Salt and pepper to taste

Prepare the chimichurri sauce (see recipe on page 29) and set it aside. Season both sides of the halibut with salt and pepper. Heat oil in a large frying pan over high heat until lightly smoking. Add the halibut fillets, reduce the heat to medium-high, add butter, and cook for 3 to 3 ½ minutes per side until golden brown and cooked through.

Garlic Parmesan Halibut and Asparagus

- 4 halibut fillets (6 ounces each)
- 1 bunch of asparagus, trimmed
- 1/4 cup grated Parmesan cheese
- 4 cloves garlic, minced
- 2 tablespoons olive oil
- Salt and pepper to taste
- Lemon wedges for serving
- Fresh parsley for garnish

Preheat oven to 400°F and arrange halibut fillets and asparagus on a baking sheet lined with parchment paper. In a small bowl, mix minced garlic, Parmesan cheese, and olive oil to form a paste. Spread the mixture over the halibut fillets and drizzle any remaining over asparagus. Season with salt and pepper. Bake for 12-15 minutes until the halibut is cooked through and flakes easily, and the asparagus is tender. Garnish with parsley and lemon wedges before serving.

Chimichurri Sauce

- 1 cup parsley, finely chopped
- 4 cloves garlic, minced
- 2 tablespoons fresh oregano leaves, finely chopped
- 1/2 cup extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon lemon juice
- 1 teaspoon red pepper flakes
- Salt and black pepper

Finely chop 1 cup of fresh parsley, 4 cloves of garlic, and 2 tablespoons of fresh oregano leaves. In a bowl, mix these with 1/2 cup of extra virgin olive oil, 2 tablespoons of red wine vinegar, and 1 tablespoon of lemon juice. Add 1 teaspoon of red pepper flakes, and season with salt and black pepper to taste. Stir everything together until well combined. Let the sauce sit at room temperature for at least 30 minutes, or refrigerate for a few hours or overnight for best results. Store in a clean jar with a tight-fitting lid and refrigerate for up to one week, stirring before use.



Stockists

Please support our local businesses

Bayview Farmers Market

5642 Bayview Road, Langley
Saturdays - 10AM - 2PM

Whidbey Farm & Market

1422 Monroe Landing Road, Oak Harbor
Fri, Sat & Sun, -11AM - 6PM

South Whidbey Tilth Farmers Market

SR 525 at Thompson Road, Langley
Sundays - 11AM - 3PM

Coupeville Farmers Market

788 Northwest Alexander Street, Coupeville,
Saturdays - 10:00AM - 2PM

Star Store

201 1st St, Langley

The Goose Community Grocer

14485 WA-525, Langley

Payless Foods

1609 E Main St, Freeland

Greenbank Farm Wine Shop

765 Wonn Rd A101, Greenbank

Greenbank Cheese & Specialty

765 Wonn Rd Barn B 101, Greenbank

Greenbank Pantry & Deli

25175 WA-525, Greenbank

Prairie Center Market

408 S. Main Street
Coupeville

Bayleaf

101 NW Coveland St, Coupeville

Seabolts Market & Deli

31640 State Route 20,
Oak Harbor



Whidbey Island Provisions brings the spirit of Whidbey Island to your home with a curated collection of products made in, sourced from, or inspired by Whidbey Island.

whidbeyislandprovisions.com