

Fish in Pomegranate-Cilantro Sauce

This fish sauce is delicious, light, and works well with any white fish. The sauce is mildly spicy and a little sour. The cilantro can be replaced with parsley for those who prefer the milder flavor of parsley.

Yield: 12-14 servings

Ingredients:

- 3 lbs. white fish (12 fillets; I like Halibut, Wild Cod, Wild Snapper or Hake)
- Sea salt
- White pepper
- 1 lemon

For the sauce:

- 1/3 cup Grape seed oil (or cold pressed organic canola oil)
- 2 medium purple onions, peeled and sliced thinly
- 1 tablespoon date or coconut sugar (or brown sugar)
- 10 small garlic cloves, peeled
- 2 tablespoons sweet paprika
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 1 bunch cilantro, chopped
- 1 tablespoon pomegranate molasses (optional)
- 2 cups pomegranate juice (POM)
- Juice from 1 lemon
- 1 jalapeño pepper, chopped (seeds optional)

For Garnish:

- 1/2 cup chopped cilantro
- 1/2 cup chopped mint

Directions:

- In a large sauté pan, heat up the oil and add the onion and sugar. Sauté until onion is lightly caramelized (about 5 minutes).
- Add the garlic cloves, paprika, salt and pepper and cook for another 2 minutes.
- Add the cilantro, pomegranate juice, pomegranate molasses, and lemon juice and bring to a boil. Lower the heat, add the jalapeño and cook on low heat for another 10-12 minutes, until sauce thickens. (You can prepare the sauce a day ahead and refrigerate. Warm up the sauce before serving and add the fish as follows)
- One hour before serving, drizzle the fish fillets with sea salt, white pepper and lemon juice. Place fish fillets in one layer over the sauce, cover the pot and cook on low heat for 12-15 minutes. Remove from heat and let stand in the covered pot for 20 minutes.
- Plate the fish on a platter or individually, garnish with fresh herbs, and serve.