

RECIPE: Alaskan Halibut Cooked with Tomato Confit

CONDIMENTS & OIL

Extra virgin olive oil, 8.5 fl. oz.

FISH & SHELLFISH

Halibut, 24 oz.

SPICES & SEASONINGS

Sea salt, 1.08 oz.

Pepper flakes, 0.02 oz.

Dried mint leaves, 1 sprig

VEGETABLES

Garlic, 1 head

Tomato (large), 4

Fresh basil, 2 sprigs