

**Ingredients for Betty's Roasted Red Pepper Aioli:**

1 clove garlic  
1/3 cup fire roasted red peppers  
1/2 tsp dried parsley or 1 tsp chopped fresh parsley  
1 1/2 tbsp light mayonnaise  
1 tbsp light sour cream  
dash cayenne pepper  
several cracks black pepper

**Ingredients for Betty's Grilled Fish:**

1/4 pound halibut per person (or similar whitefish, 1 inch thick)  
Extra Virgin Olive Oil  
sea salt  
black pepper  
garlic powder  
cayenne pepper  
dried parsley  
fresh lemon wedges

**NOTE: Make the complete meal! Recipes for this episode include Betty's Coleslaw and Wild Rice!**

**Directions:**

1. Make the Aioli first and allow the flavors to blend together and the red color to deepen.
2. Finely mince garlic with a pinch of sea salt to form a coarse paste.
3. Finely chop fire roasted red bell peppers. For this recipe, Betty prefers the jarred variety because the added liquid makes the aioli the perfect consistency. Reserve all liquid.
4. Chop parsley.
5. In a bowl combine garlic and red bell pepper and pepper liquid. Stir together and

- continue to mash mixture with back of spoon. Add light mayonnaise and light sour cream. Continue stirring vigorously and mashing mixture.
6. Add a dash of cayenne pepper, black pepper and parsley.
  7. Stir vigorously until combined. Be sure to incorporate fully, leaving no mayonnaise or sour cream lumps. Cover and refrigerate. Makes about 1/2 cup sauce.
  8. Fire up the grill! Make this recipe as mild or macho as you like! For a mild flavor, lightly season and roll in olive oil (as shown in the video). For a blackened cajun flavor, oil the fish and coat both sides with seasonings like a "rub."
  9. Drizzle olive oil over fresh fish. Season with sea salt, black pepper, garlic powder, cayenne pepper and dried parsley. Roll fish in olive oil to distribute seasonings. If you're going for the cajun blackened version, oil well and season both sides. Caliente!
  10. Place fillet on a hot, well oiled grill. Grill fish about 5 minutes per side per 1 inch of thickness. Turn over carefully - don't let your "catch" flake apart! Squeeze lemon over cooking fish.
  11. Serve with lemon, roasted red pepper aioli, wild rice and cole slaw.

### **Ingredients for Average Betty's Not-So-Homestyle Coleslaw:**

- 1/3 cup julienned carrots
- 1/3 cup julienned red bell pepper
- 1/4 cup diced green onion (aka spring onion)
- 2 1/2 cups shredded cabbage

### **Ingredients for the Coleslaw dressing:**

- 1/2 tsp garlic powder
- 1/2 tsp dried parsley
- dash red pepper flakes
- 4 tsp red wine vinegar
- 5 tbsp extra virgin olive oil
- 1 tbsp light mayonnaise
- 1/2 tsp dijon mustard
- 1 tsp honey



Combine ingredients for slaw in a bowl and toss.

In a jar with a tight fitting lid, combine all ingredients for dressing and shake well.

Pour dressing over slaw and toss to coat. Refrigerate until ready to serve.

## Ingredients for Average Betty's Wild n' Crazy Wild Rice:

1 cup wild rice  
1 cup water  
1 cup low-sodium chicken broth (or 2 cups water and one low-sodium chicken flavored bullion cube)  
2 cloves garlic minced  
4-5 crimini mushrooms sliced thin  
1/4 cup diced red bell pepper  
3 tsps chopped fresh parsley  
1 tsp canola oil  
1 tbsp butter  
dash crushed red pepper  
black pepper  
salt



Betty loves the *California Rice Trilogy* from *Trader Joe's*. It is a mixture of California Brown Basmati Rice, California Long Grain Brown Rice and California Wild Rice. This is just as delicious with regular ol' brown rice.

In a medium saucepan over medium high heat add canola oil. Add rice and water/broth mixture. Stir in 1 clove minced garlic, dash crushed red pepper flakes and a few cracks black pepper. Bring to a gentle boil and cover. Set a timer for 50 minutes. Don't even think about opening the lid... until there are 10 minutes left on the timer.

Quickly lift lid and add mushrooms and red bell pepper. **DO NOT STIR**. Replace lid. Allow to cook for remaining 9 minutes and 55 seconds (Betty said, quickly!).

Remove rice from heat and crack lid to let out steam. Let stand for a few minutes. Add remaining clove minced garlic, fresh parsley, butter, salt and a little more pepper.

Take a deep breath and stir mixture gently so rice does not become sticky. Do not over-stir. Say nice things to the rice and tell it how beautiful it is and how it's never cranky in the morning and looks great without make-up to ensure it will not be sticky. Makes 3 cups rice.