

GAPS

Halibut in Lemon Thyme Stock



Serves 4-8

When I started the GAPS Diet, I was looking for a nice, simple fish soup to enjoy in the beginning months. This is a variation on an elegant Martha Stewart recipe, tweaked to make it a bit more substantial, and now “Just for the Halibutt”, as my kids call it, has become a staple in our family.

Despite having now moved beyond the Intro, we still serve this regularly. The kids add extras to their bowls like avocado and chopped tomato. Some even take the halibut out of the soup and enjoy it with homemade mayonnaise, fermented salsa, or pesto, and drink the stock in a mug on the side. If you have kids who don't love stock, be sure to try this, since it will make a stock lover out of anyone! Let them smash the lemongrass, which adds amazing flavor to the dish; once they smell it, they will surely want to try it!

1 stalk fresh lemongrass, or 3 lemons, zested and juiced
4 cups chicken or fish stock
3-5 cloves garlic, smashed
1 bunch fresh thyme sprigs

Sea Salt
2-4 halibut fillets
1 tablespoon homemade ghee (if tolerated) or animal fat
2 scallions, chopped

10 peppercorns

**Cauliflower rice (optional,
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Smash the lemongrass with a rolling pin or mallet. Cut it into thirds and add to a large pot. Place the stock, garlic, thyme, and peppercorns into the large pot, and bring to a boil. Salt the halibut and add it to the boiling stock. Cover and turn off the heat. Let stand for 6-8 minutes. Strain the broth and divide among bowls: serve each with a beautiful chunk of fish, a drizzle of ghee, chopped scallions, and scoop of cauliflower rice, if desired.