



TIMOTHY'S  
UNION PIER

## Sesame Seed Crusted Alaskan Halibut with Cellophane Noodles and Bean Sprout Salad

Start to finish: About 1 hour • Servings: 4  
Preheat oven to 350 degrees

### Halibut

- four 6-ounce Alaskan halibut fillets
- 4 ounces white sesame seeds
- 1 cup all-purpose flour
- 4 ounces sesame oil for sautéing

### Teriyaki Marinade

- 1 cup soy sauce
- 3 ounces thinly-sliced ginger
- 2 cups pineapple juice
- 2 ounces minced garlic
- 1 tablespoon ground black pepper
- 1 cup honey

### PREPARATION OF MARINADE:

Place all ingredients in 4-quart sauce pan and bring to simmer. Pour in plastic container and refrigerate. When cool, place halibut fillets in marinade for about 20 minutes.

### Cellophane Noodle Salad

- 16 ounces cooked cellophane noodles
- 6 ounces julienned red onion
- 3 ounces julienned yellow squash skin
- 3 ounces julienned zucchini squash skin
- 1 small red pepper julienned
- 1 small Daikon radish julienned
- 1 English cucumber seeded and julienned
- 1 tablespoon chopped mint
- 1 tablespoon chopped basil
- 2 ounces sesame oil

*Combine ingredients in a bowl and mix.*

### Yuzu Vinaigrette Dressing

- 1 ounce yellow miso paste
- 3 ounces yuzu juice
- 1 ounce peeled fresh ginger
- 1/2 ounce peeled fresh garlic
- 1/2 ounce peeled fresh shallot
- 1 stalk diced lemongrass (lower part only)
- 2 ounces seasoned rice vinegar
- 2 ounces light brown sugar

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- 2 ounces Dijon mustard
- 4 ounces peanut oil

### PREPARATION OF DRESSING:

Combine all ingredients in blender except oil, blend for 30 seconds. Continue blending slowly, adding oil until smooth. Pour dressing over noodles and refrigerate.

### Sprout Salad Garnish

- 2 cups fresh bean sprouts
- 1/4 ounce chopped mint
- 1/4 ounce chopped basil
- 1/4 ounce chopped cilantro
- 1 teaspoon sea salt
- 1 tablespoon fresh lime juice

Combine and mix all ingredients when fish is ready to serve.

### Final preparation

Preheat sauté pan on medium heat and add sesame oil. Combine flour and sesame seeds. Remove fish from marinade and coat in flour mixture. Place fish in sauté pan and brown both sides (15 seconds per side). Cook fish on greased sheet pan in oven for 8-10 minutes. Do not overcook. Remove from oven, place on four plates and garnish with cellophane noodles and bean sprout salad.



### EXECUTIVE CHEF TIM SIZER

Chef Tim Sizer is owner and executive chef of Timothy's Restaurant at historic Gordon Beach Inn in Union Pier. Now in its tenth year, Timothy's is widely recognized as one of the area's premier dining establishments.

Sizer grew up in Benton Harbor and St. Joseph, Michigan and is a 1985 graduate of Johnson & Wales University in Providence, RI, where he earned his degree in culinary arts.

He began his career in Atlantic Beach, Florida, at The Ragtime Seafood Grille, a premier restaurant in the area. In just two years, he was named executive chef and, in 1995, was chosen to set up a second property in nearby St. Augustine, the A1A Aleworks.

In 1997, Sizer returned to Michigan as executive chef at the former Miller's Country House in Union Pier and the Blue Chip Casino in Michigan City, Indiana. In 2001, he was invited to open Timothy's Restaurant at Gordon Beach Inn.

In 2007, he opened a second restaurant, Tim's Too, in St. Joseph, which he ran until it was sold earlier this year. The new owners continue to run it as the Asian Flat-Top Grill Sizer created and it remains a popular venue with locals and visitors alike.

**Timothy's**

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**Timothy's Restaurant**  
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Wednesday through Sunday in winter