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Halibut



Wild Halibut Photo Susie Iventosch

Roasted Red Pepper Butter

INGREDIENTS

3 large red bell peppers, stem removed, seeded and cut in half
 1 tablespoons fresh squeezed lemon juice
 4-5 tablespoons butter, at room temperature and cut into small pieces

DIRECTIONS

Place red pepper halves in a baking dish lined with parchment paper, and roast at 450 degrees for approximately 20 minutes, or until skins are beginning to char and separate from the meat of the pepper.

Remove from oven and cool peppers in a sealed paper bag. Remove skins and place peppers in a food processor fitted with a metal blade. Pulse until peppers are finely mashed into a puree. Add lemon juice and butter and process until butter is integrated. (You may still see lots of little specks of butter, but don't worry, when you heat the sauce it will integrate completely.) Store sauce in a covered container or sauce pan until ready to serve.

When ready to serve, warm over low heat just until butter is no longer visible and sauce is hot.

Cracked Black Pepper-Parmesan Crisps

INGREDIENTS

1 1/2 cups fresh grated Parmesan cheese
 1 teaspoon freshly cracked black pepper (or more ... as you like)

DIRECTIONS

In a bowl, mix pepper and cheese. Turn out onto a parchment-lined baking sheet. Shape into a rectangle about 6 x 8 inches or so. Bake at 400F for about 3-5 minutes, or until bubbly and just slightly beginning to brown. (Watch it closely so as not to burn.) Remove from oven and cool completely on parchment. When cool, break into 2x3 inch (approximately) rectangles. Set aside.

Saffron Risotto

INGREDIENTS

3 1/2 to 4 cups chicken stock, warmed to a simmer
 1 cup white wine
 2 tablespoons olive oil
 1/2 red onion, finely chopped
 1 1/2 cups Arborio rice
 1/4 teaspoon salt
 Large pinch of saffron

3/4 cup Parmesan cheese, freshly grated (part for risotto and part for passing at the table)

DIRECTIONS

In a large pot or pan, heat oil and add onion. Cook until onion is translucent, about 3 minutes over medium

INGREDIENTS

3 pounds fresh, wild halibut filet (1/2 pound per person)

1 tablespoon olive oil
 Salt and pepper, to taste

DIRECTIONS

Preheat oven to 400F. On a griddle, or a large oven-proof nonstick saute pan, heat oil over medium-high heat. Season the halibut with salt and pepper and put the filets, skin side down, in pan or on griddle. Saute for approximately one minute then flip to other side and cook for another 1-2 minutes. Remove pan/griddle from stove and place in oven. Roast for approximately 4-6 minutes, depending upon filet thickness, until fish is cooked to desired doneness.

To Assemble Dish

Pour approximately 1/4 cup of red pepper puree on plate and spoon roughly 1/2 cup risotto over the top. Place halibut filet on top and lay Parmesan crisp on top. Finally, drizzle a little extra red pepper puree over the top and serve at once!

heat. Add rice and salt to onion and saute until rice is becoming translucent, 2-3 minutes. Add wine and saffron and bring to a simmer, stirring often, until wine is almost absorbed. Then add broth, 1/2 cup at a time, stirring often, but not constantly, until liquid is nearly absorbed. Continue with this process, until all of the broth has been used, or risotto is al dente. Stir in Parmesan and cover and let sit for just a minute or two.

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