

ALASKA HALIBUT WITH TARRAGON BEURRE BLANC



prep time: 10 cook time: 15 servings: 4

INGREDIENTS

1 Tablespoon olive oil
4 Alaska Halibut steaks or fillets (4 to 6 oz. each)
10 oz. thin asparagus spears or ramps

Tarragon Beurre Blanc Sauce:

2 shallots (or 1 very small onion), very finely chopped
2 Tablespoons white wine vinegar
1/4 cup dry white wine
2 Tablespoons heavy cream
3/4 cup chilled unsalted butter, diced
1 Tablespoon chopped fresh tarragon
Salt and pepper to taste

DIRECTIONS

Rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of halibut with oil. Place halibut in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn halibut over; cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes for frozen halibut or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

While halibut is cooking, prepare the sauce: add shallots or onion to a small saucepan with the wine vinegar, white wine and 6 tablespoons cold water. Bring to a boil, then simmer until almost all of the liquid has evaporated, about 3 minutes.

While the liquid is reducing, cook the asparagus in simmering water about 3 to 4 minutes, until crisp-tender.

Stir the cream into the shallot mixture and cook on low for two minutes. Remove from heat and whisk in the butter, a little at a time, until there is a smooth sauce. Add the chopped tarragon and season with salt and pepper to taste.

Serve the halibut with the asparagus and the tarragon beurre blanc.

Chef's tip: This sauce is excellent with Alaska Salmon and Alaska Cod, with or without the tarragon.

Photo by Steve Lee



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