

# Poached Halibut

Serves 4

## Ingredients

- 2 pounds fresh halibut, skin removed and cut into four portions
- 3 shallots, diced
- 4 tablespoons unsalted butter, divided in half
- 1/2 cup dry white wine
- 6 cups home-made halibut stock
- 1 sprig thyme
- 1 – 2 Thai chili peppers, seeds removed
- salt and pepper, to taste
- 12 ounces fresh green beans, topped, tailed and blanched\*
- 3/4 cup fresh peas blanched\* or frozen peas, thawed but not cooked
- 1 tablespoon butter, for the blanched vegetables
- fresh dill or fennel sprigs for garnish

## Cooking Instructions

In a wide, straight-sided saucepan, deep enough to poach the halibut, saute the shallots in 2 tablespoons of butter until translucent. Increase the heat and add the white wine; cook until the wine has evaporated and almost no liquid remains. Add the fish stock, thyme and chili pepper(s) and bring the liquid to a gentle simmer (not a boil).

Generously season the halibut pieces with salt and pepper and add them to the simmering stock; the liquid should cover at least three-quarters of the halibut (the top portion of the halibut will be steamed). Poach, loosely covered, for about 7 minutes. To test the fish for doneness, make a small slit with a paring knife in the thickest part of the fillet; all but the center of each piece should be opaque. Remove the fish before it is completely cooked through. The residual heat will continue cooking the fish. Transfer the fish to warmed soup bowls and tent with foil.

Bring the poaching stock to a boil and reduce the liquid by about half. Remove the chili pepper(s) from the stock, a generous pinch of salt and whisk in 2 tablespoons of butter or, if you have it on hand, compound butter. Taste the broth for seasoning, adding more salt if necessary.

In a small pan, briefly saute the blanched vegetables in 1 tablespoon of butter to warm them through. Season with salt, if necessary.

Pour the stock around the poached halibut and add the warmed vegetables. Garnish with fresh dill or fennel sprigs.

\* To blanch vegetables, fill a large pot with generously salted water (about 2 1/2 teaspoons of salt for every 8 cups of water). Bring the water to a boil and add the vegetables, one variety at a time, and cook just tender but still firm. Remove the vegetables with a slotted spoon and transfer to a bowl of ice water to prevent further cooking. Drain the vegetables.

# Summer Ceviche

Serves 4 to 6 as an appetizer

## Ingredients

- 1/2 lb fresh fish—I prefer white fish, such as halibut, cod or snapper, but you can use any fish you like
- 1/4 cup freshly squeezed orange juice
- 1/2 cup freshly squeezed lime juice
- 1 medium shallot, thinly sliced
- 1 large ripe tomato or red pepper, finely diced
- 2-3 hot green chilies, finely chopped
- 1/3 cup fresh cilantro, finely chopped
- 2 Tbsp vegetable oil
- Kosher salt
- pinch of sugar
- 1 ripe avocado, cubed (optional)
- tortilla chips or baked pita chips

## Cooking Instructions

Remove the skin from the fish. Run your fingers over the flesh to ensure there are no pin bones. Remove any bones with tweezers. Slice the fish into small cubes with a sharp knife.

Combine the fish, citrus juice, and shallots in a glass bowl. Cover and refrigerate for about 45 minutes.

Pour into a colander and drain off the lime juice.

In a large bowl, mix together the tomatoes (or red peppers), chilies, cilantro, and oil. Add in the drained fish and season with salt and sugar. Cover and refrigerate if not serving immediately. Stir in the diced avocado, if using, just before serving.

Serve with tortillas or baked pita chips.

# Halibut Fish Stock

Makes 8 Cups

## Ingredients

- 2 1/2 – 3 pounds fresh halibut trim, chopped into 2" - 3" chunks and rinsed in cold water
- 3 tablespoons grapeseed oil (or any mild tasting vegetable oil)
- 2 onions, roughly chopped
- 2 stalks celery, roughly chopped
- 2 leeks, white part only, roughly chopped
- 1 fennel bulb, roughly chopped
- 4 whole garlic cloves
- 1 cup dry white wine
- 1 bouquet garni (bouquet of herbs): bundle together with kitchen string a few sprigs of fresh thyme and a generous handful of fresh parsley, including stems
- 2 bay leaves
- 1 teaspoon whole peppercorns
- cold water

## Cooking Instructions

In a large stock pot, gently sauté the onions, celery, leek, fennel and garlic in the oil over medium heat until the vegetables soften slightly, without browning. Add the wine; continue to cook until the wine has evaporated by about half.

Add the fish bones and cook gently for a few minutes just until the meat on the fish bones starts to turn opaque. Add the bouquet garni, bay leaves, peppercorns and enough cold water to just cover the ingredients.

Bring the stock to a gentle simmer and continue to simmer for 30 minutes. The stock should not boil.

Strain the stock, discarding the solids, and use immediately or refrigerate for up to three days.

The stock can be transferred to plastic freezer bags and kept frozen for up to four months.