

Seared Halibut Cheeks & Fresh Vegetables



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CA
OR
WA

Ingredients

Seared halibut cheeks

Fresh caught halibut cheeks

Seafood seasoning (e.g. Cajun spice, Old Bay)

Olive oil

1 shallot, diced

3 cloves garlic, minced

1 large Roma tomato, seeds and juice removed, diced

1 poblano pepper, diced

3 tablespoons butter

1/4 cup white wine

1/2 lemon (or lime), juiced

Soy sauce (optional)

White wine vinegar (optional)

Creamy cauliflower puree

1 head cauliflower, chopped

Cream

Salt and pepper

Roasted green beans

1/2 pound green beans, ends snapped off

Olive oil

Red pepper flakes

Salt and pepper

Seared halibut cheeks

Heat olive oil in a cast iron skillet. Rub seasoning all over the halibut while the oil heats up. Add the seasoned halibut and let cook until golden brown.

Flip the halibut and add butter, shallots, and garlic. Let cook until nice and brown. Flip once more and add pepper and tomato. Let everything simmer together for 3-4 minutes.

Add the white wine. If using the soy sauce and/or white wine vinegar, add a dash of both now for an extra boost of flavor. Simmer for 5-10 minutes until the halibut is tender and cooked through.

Remove the halibut cheeks and cook the sauce down to desired consistency. Spoon the sauce over the halibut and cauliflower puree.

Creamy cauliflower puree

Boil a large pot of salted water. Add the chopped cauliflower and boil for 10 minutes.

Remove the cauliflower from pot. With a food processor, puree the cauliflower until its creamy. Add cream, salt, and pepper until it's as rich and seasoned as you like.

Roasted green beans

Preheat oven to 350.

Toss green beans with olive oil, salt, pepper and red pepper flakes. Roast for 20-25 minutes.

Recipe and photo courtesy of Alex Stote at Washington Sea Grant.

Species Group

Halibut