



Pan Seared Halibut

Serves 1

Served with watercress puree, sautéed baby carrots and fingerling potatoes, grilled endives

8oz halibut, seasoned with salt and pepper

1/4 cup of olive oil

6 pieces of baby rainbow carrots

3 fingerling potatoes cut in half

1-1/2 piece of grilled Belgian endive

1/4 cup of watercress purée

- Blanch carrots and fingerling potatoes in boiling salted water, until fork tender. Set in an ice bath for three minutes, pull them out and set aside.
- Heat sauté pan then add olive oil. Sear halibut on both side until golden brown, remove from pan and put in oven for 3-4 minutes at 350 degrees.
- Add carrots and potatoes to fish pan sautéed so they are hot throughout. Grill a half piece of endive for a few minutes.
- Place watercress purée on a plate. Top the purée with the carrots and potatoes, then place halibut at an angle next to the carrots. Serve with grilled endive on plate.

Recipe for watercress purée:

2 bunches of watercress

1/4 cup of water

1/4 cup of heavy cream

1 teaspoon of salt

1/2 teaspoon of black pepper

Blend all ingredients well.