

Pan Seared Halibut, Cauliflower Puree, Mushroom Caper Sauce | Serves 12

Ingredients

12 – 4 oz Alaskan Halibut
1 each purple cauliflower, cut into florets
1 each shallot, diced
5 each garlic cloves, sliced thin
1 pt heavy cream
1 lb. chanterelle or morel mushrooms, cleaned
2 oz capers
2 oz golden raisins
4 oz white wine
1 lemon squeezed and deseeded
1 oz parsley, chopped
1 teaspoon thyme
1 teaspoon dill
4 oz butter, cubed and cold
Salt and pepper



Directions

1. Make the puree first. Heat a little butter in a saucepan. Sweat the onions and 1 garlic clove. Add in the cauliflower, stir, and add enough cream to barely cover the cauliflower. Season with salt and pepper. Reduce the heat to medium low and simmer until cauliflower is soft.
2. Transfer the cauliflower to a blender using a slotted spoon and keeping as much of the cream out as possible. Blend until smooth. Transfer to a saucepan and keep warm on low heat.
3. Season fish with salt and pepper. Heat a pan over medium high heat. Add some vegetable oil to the pan and sear the halibut about 3–4 minutes on each side. Preheat an oven to 350 degrees (if the fish is thick you may need to finish it in the oven).
4. To prepare sauce, quickly sauté shallots, capers, raisins, and wine. Turn burner down to low heat. Reduce by half, add lemon juice, parsley, thyme and dill. Next add a few cubes of butter while you swirl the pan. Sauce will emulsify. Plate quickly or the sauce could break.