



Southern Foods At Home Recipe Of The Month Poached Alaskan Halibut In Tomato Basil Sauce

Serves 2

- 2 Alaskan halibut fillets, skinless
- 1 tablespoon olive oil
- 1 tablespoon shallots, diced
- ¼ cup dry white wine
- 1 cup (8 oz. bottle) clam juice
- 1 bunch fresh basil, stems removed, chopped medium
- 1 ripe tomato, seeds removed and chopped
- 1 tablespoon butter
- Salt and pepper to taste

Alaskan halibut is the king of the flatfish family and can be enjoyed with a myriad of cooking applications. Poaching Alaskan halibut will produce a flavorful fillet that is tender and very moist. Try this recipe and then shoot me an email and let me know if you enjoy it as much as I do.

1. Heat a large skillet over med-high heat for one minute. Add the oil to the hot pan and swirl to coat. Add the shallots and sauté for one minute. Add the wine and clam juice. Place the fillets into the skillet. If liquid does not cover the fish, add just enough water to cover. Place the skillet over med-high heat until liquid starts to boil. Reduce the heat to LOW so the liquid is barely showing signs of boiling. Do not cover.
2. Poach for 8 minutes per ½ inch of thickness. Remove the Alaskan halibut and place on serving plates. Turn the heat to high and add the fresh basil to the pan. Boil the poaching liquid in the skillet until reduced by 2/3rds. Remove the skillet from the heat, add the butter and chopped tomatoes. Stir until butter is melted and season to taste with salt and pepper. Pour equal amounts of the sauce over the fillets and serve immediately.

Enjoy! Chef Mike