



PAN-SEARED HALIBUT WITH FENNEL AND ORANGE SALAD OVER DILL FRENCH LENTILS (SERVES 2)

RECIPE BY CHEF HELEN GOELET TO BE PAIRED WITH 2018 ESTATE CHARDONNAY

INGREDIENTS

- 1 lb fresh Halibut (have your butcher take the skin off, debone and cut into two equal pieces)
- 1 lemon
- 1 bulb fennel, thinly sliced
- 1 orange, supreme (see directions below)
- ¼ cup finely chopped fresh parsley
- 2 tbsp olive oil
- 1 cup French lentils
- 1 small shallot, minced
- ¼ cup fresh dill, finely chopped
- 1 tbsp red wine vinegar
- 1 tbsp olive oil
- 2 tbsp fresh lemon juice
- Salt and pepper to taste

INSTRUCTIONS

Start by making orange and fennel salad by thinly slicing fennel into a bowl. To supreme the orange, carefully cut off all of the skin, including the membrane. Once the orange is fully skinned, slice each segment out but cutting along the membrane line. Add segments to the bowl with fennel, parsley, oil, salt and pepper and stir together. Set aside.

Preheat the oven to 350°F. Season the halibut with salt, pepper, and lemon zest. Rest for 20 minutes before searing. This is when you can assemble the lentils. Cook the lentils in 2 cups of water with a pinch of salt until the lentils are cooked but still have a bit of a bite, roughly 12 minutes (be careful not overcook the lentils as they can quickly become mushy). Drain and place in a medium sized bowl with the remaining ingredients and toss to coat evenly.

Bring a heavy bottomed, oven safe pan to a searing high heat with 3 tbsp of olive oil. Sear the halibut for two minutes to give it a nice crispy crust before turning over and placing the pan into the oven. Finish cooking for 7 minutes. Serve over lentils with orange fennel salad on top.