

Seared Halibut with Wilted Pea Shoots and Fresh Herbs by Anthony Ramirez

Serves 2

16 oz skin-on halibut, wild-caught (2 portions: 6-7 oz each for entree size)
1 small shallot, minced
1 medium clove garlic, minced or crushed
1/4 cup minced mixed fresh herbs (flat parsley, curly parsley, thyme, tarragon, dill and chives. Any combination of these or other favorite herbs)
3 - 4 cups fresh pea shoots
zest of one small lemon + fresh lemon juice to taste
2 T olive oil, divided
sea salt & freshly ground black pepper

For the pea shoots:

Heat a pan on medium heat, add 1 T. olive oil and shallots. Allow the shallots to sweat for about a minute or so, while gently stirring. Stir in minced garlic. Add pea shoots, and toss to combine with the shallots and garlic. Cook until just wilted, about a minute. Remove from heat, stir in a few good pinches of the mixed herbs and lemon zest. Sprinkle with salt & pepper. Let rest while you cook the fish.

For the halibut:

Remove the skin (or have your fishmonger do it for you). Season both sides of the fish with salt & pepper, to taste. Slice the halibut into serving-size pieces (For entree, cut in half. For appetizer, cut into fourths.) Preheat a skillet on medium heat. When hot, add 1 T olive oil and swirl to coat. Lay the fish, top down first. Cook for 3 - 4 minutes, for a fillet that is about an 1" at its thickest. For thinner fillets, flip a bit sooner. The bottom side should be slightly browned or lightly caramelized. Cook on the second until done, about 4 more minutes. Test for doneness. You want it just warmed through. On an insta-read thermometer - 125° F.

To serve:

Gently rewarm the pea shoots, lay them on the plate and place fish on top. Sprinkle with some of the minced mixed herbs, squeeze a wedge of lemon over the fish, and season to taste with salt & pepper.

See this video:

https://www.facebook.com/JoyfulEats/videos/vb.127581204032896/739602146164129/?type=2&theater¬if_t=page_post_reaction¬if_id=1529523457692998

at 16:38 you'll see a method for testing for doneness.