

# SLOW OIL-POACHED HALIBUT OVER BROCCOLINI WITH ALMONDS AND CRISPY SHALLOTS, AND CONFIT SHALLOT AND ROASTED TOMATO SAUCE

*Yield: 6 portions, portion size: 1 fish fillet*

Ingredients	Amounts
<i>Oil-poached halibut</i>	
Fresh halibut, 6 oz. portions	6 ea. (170 g ea.)
Thyme sprigs	6 ea.
Rosemary sprigs	2 ea.
Shallots, sliced	2 ea.
Garlic cloves, sliced	3 ea.
Bay leaf	1 ea.
Lemon, sliced	½ ea.
Canola oil	3-3 1/2 cups (750 mL-825 mL)
 <i>Shallot Confit-Roasted Tomato Sauce</i>	
Shallots, whole, peeled	3 ea.
Canola oil	1½ cups (375 mL)
Roma tomatoes	3 ea.
Sherry wine vinegar	1 Tbsp. (15 mL)
Spanish paprika, pimentón dulce	1 tsp. (5 mL)
Cumin, ground	½ tsp. (2 mL)
Fresh lemon juice	1 tsp. (5 mL)
Sea salt	½ tsp. (2 mL)
Black pepper, freshly ground	¼ tsp. (1 mL)

Broccoli Rabe with Almonds, Shaved Garlic,  
and Crispy Shallots (recipe follows)

## Method

1. For halibut: In saucepan, add canola oil, herbs, lemon, garlic and shallots; bring to 180 °F (90 °C). Do not boil. When canola oil reaches good poaching temperature, place each portion of fish in oil and poach about 10-12 minutes. When done, place fish over paper towels, season with salt and pepper and allow excess oil to drain about 2 minutes.
2. For Shallot Confit-Roasted Tomato Sauce: In small sauté pan, add canola oil and shallots. Cover with aluminum foil and roast in 350 °F (180 °C) oven about 12 minutes. Remove from oven and take shallots out of oil; set aside.
3. Season tomatoes with salt and pepper; roast in same oven until tomatoes are golden brown and skins are blistered, about 12-15 minutes.
4. In blender, add hot shallot canola oil, cooked shallots, roasted tomatoes (with juices), vinegar, paprika, cumin and lemon juice; blend until smooth. Season with salt and

pepper and serve with Slow Oil-Poached Halibut and Broccoli Rabe with Almonds, Shaved Garlic and Crispy Shallots.

Yield: 6 servings. Serving size: 1 fish fillet.

# BROCCOLI RABE WITH ALMONDS, SHAVED GARLIC, AND CRISPY SHALLOTS

*Yield: 6 portions, portion size: ¾ cup (175 mL)*

<b>Ingredients</b>	<b>Amounts</b>
Spanish almonds, blanched, sliced	2 Tbsp. (30 mL)
Broccoli rabe (rapini)	2 bu.
Canola oil, for sautéing	¼ cup
Garlic cloves, finely shaved or sliced	3 ea.
Shallots, peeled and thinly sliced	6 ea.
Rice flour	1/3 cup (75 mL)
Canola oil, for frying shallots	2-4 cups (500mL- 1 L)
Canola oil for sautéing	¼ cup (60 mL)
Red pepper flakes, dried	½ tsp. (2 mL)
Sea salt	½ tsp. (2 mL)
Black pepper, freshly cracked	¼ tsp. (1 mL)

## **Method**

1. In small frying pan over medium-high heat, toast blanched almonds until golden brown and fragrant, about 3 minutes. Toss almonds frequently once they start browning in order to prevent burning.
2. While almonds are toasting, prepare ice bath for blanched broccoli rabe by filling large bowl with ice cubes and cold water. Set aside.
3. Bring medium pot of water to boil over high heat and season water with salt and pinch of sugar. Add broccoli rabe, working in batches if necessary. Blanch 1-2 minutes, until bright green and lightly tender. Remove from boiling water and plunge into ice bath to stop cooking process. Drain broccoli rabe and set aside.
4. Toss sliced shallots in rice flour and fry in canola oil at 350 °F (180 °C) until golden and crispy; drain on paper towels.
5. In large skillet, heat canola oil over medium heat and add blanched broccoli rabe and shaved garlic. Sauté for about 3 to 4 minutes. Add almonds and season with crushed red pepper, salt and pepper. Toss in crispy shallots at last minute and serve with Slow Oil-Poached Halibut with Shallot Confit-Roasted Tomato Sauce.