

# RED BICYCLETTE

## Poached Halibut with Herbed Rémoulade (ray-muh-laaaad)

### **For the rémoulade:**

1 T Chopped parsley leaves  
1/2 T Chopped watercress leaves  
1/2 T Chopped dill, with tough stems removed  
1/8 t Dried tarragon  
1 t Capers, drained and rinsed, roughly chopped  
1 c Mayonnaise  
2 t Dijon mustard  
1 t Worcestershire sauce  
1 t Lemon juice  
1 1/2 t Salt  
Freshly ground pepper

### **For the halibut:**

4 6 oz. halibut fillets  
1 Small fennel bulb, thinly sliced  
1 Lemon, thinly sliced  
5-6 Thyme sprigs  
5 Large cloves garlic, thinly sliced  
1/2 Lemon for squeezing  
1 1/2 c Extra virgin olive oil  
1/2 c Pure olive oil or cooking oil  
Salt and pepper

### **Directions**

Place all of the rémoulade ingredients in a food processor and mix for 5 seconds. Set aside in a serving dish. Preheat oven to 350 degrees. Sprinkle both sides of halibut fillets with salt and pepper and set aside. Mix fennel, lemon, thyme, and garlic in a small roasting pan (just large enough to fit all four fillets in a single layer). Place halibut on top of the vegetables in a single layer and push down firmly. Squeeze the juice from half a lemon over the fish, and then pour both oils over the fish. Cover with foil and bake for 20 minutes. When the fish fillets are done, remove from the oil. Strain the vegetables out of the oil and divide among four plates. Place halibut fillets on top of the vegetables, and serve with a dollop of the rémoulade.

Serves 4

*Delicious, when paired with Red Bicyclette® Chardonnay*