



Pan Seared Halibut with Fennel, Capers & Lemon

For the Halibut:

- 1 lb fresh Halibut, cut into 4 portions
- 2 tablespoons extra virgin olive oil
- 1 tablespoon coarse salt (sea or Kosher)

For the Fennel, Pepper, Lemon & Caper Sauce:

- 2 tablespoons extra virgin olive oil
- 1 fennel bulb (remove greens), chopped
- 1 red bell pepper, chopped
- 1 clove of garlic, minced
- 1 tablespoon drained capers
- Zest of 1 lemon
- ¼ cup of white wine (e.g. Chardonnay)
- Pinch of sugar
- Pinch of coarse salt (sea or Kosher)
- Pinch of ground black pepper
- 2 tablespoons butter
- 1 tablespoon chopped fresh parsley

Heat 2 tablespoons olive oil in a 10" frying pan. Add the chopped fennel, bell pepper and garlic and cook over medium heat until tender, about 5 minutes. Add the white wine, capers, lemon zest, salt, pepper, and sugar. Stir for another 5 minutes to allow the flavors to concentrate. Remove from heat and set aside.

Heat the remaining olive oil in a frying pan over moderately high heat. Lightly salt the halibut pieces. Place them in the frying pan and cook for 3-4 minutes per side. Spoon the sauce over the halibut and sprinkle with parsley and ground pepper.

Serve with Frei Brothers Reserve Russian River Valley Chardonnay.

Serves 4