



Sautéed Halibut with Pecans and Shallots

4 pieces of Halibut fillet (1 ¼ inches thick, 6 oz. each) skinned

3 tablespoons extra virgin olive oil

1 cup chopped shallots

¾ cup pecans, chopped

½ tablespoon unsalted butter

½ teaspoon lemon zest

2 tablespoons parsley, finely chopped

Lemon wedges



Pat halibut dry and season with salt and pepper. Heat 2 tablespoons extra virgin olive oil in a skillet over medium high heat until hot but not smoking. Sauté fish, turning once, until golden and just cooked through (4-6 min total). Transfer to plates and keep warm (loosely cover with foil). Add remaining tablespoon of extra virgin olive oil to skillet and cook shallots over medium heat, stirring occasionally until pale golden (3-4 min). Add pecans and sauté over medium high heat, stirring, until fragrant and a shade darker (3 min). Add butter and stir until melted. Remove skillet from heat and stir in zest, parsley, and salt and pepper to taste. Sprinkle pecan shallot topping over fish. Serve and enjoy.