



Olive Oil Poached Halibut

Difficulty: Easy

Wine Pairing: 2007 Domaine de Lancyre Roussanne VdP Pic St. Loup

Servings: 2

Ingredients:

3 each	Lemons, sliced
1 teaspoons	Crushed red chilies
3 cloves	Garlic, crushed with the broad side of a knife
3 sprigs	Fresh thyme
6 each	Whole black peppercorns
2 tablespoons	Sea salt
6 each	Ramps (or you can substitute 1 leek)
4 sprigs	Flat leaf parsley
1/2 bulb	Fennel, sliced thin
2 ½ cup	Extra Virgin Olive Oil of moderate quality with good pepper and citrus characteristics
2 ½ cup	Grape seed oil
2 each	Halibut filet (8 oz each)

Method of Preparation:

1. Preheat your oven to 275 °F
2. Trim the stem end of your ramps. (If you're using a leek instead, remove the dark green top and trim the stem end. Use only the white part. Cut it in half length wise and lay out flat.)
3. In a shallow baking dish just large enough to fit the two filets, lay out the lemon, thyme, ramps, parsley and fennel.
4. Add the red chilies, garlic, black peppercorns and sea salt.
5. Lay the fish over the herbs with a bit of space in between the two filets.
6. Cover the fish with the two oils. They need to be completely submerged. If necessary add more olive oil.
7. Bake uncovered on the center rack of the oven for one hour or until the fish becomes tender and flaky.
8. Remove fish from oven and cool slightly.
9. Remove fish from oil and allow to rest on a clean towel while plating.
10. To plate, lay down the fennel and ramps first. Then place the fish over the ramps and fennel. Finish with a slice of the lemon and fresh parsley leaves.