



Butter-Basted Halibut, Beets, Kale and Sesame Seed Salad

Far Niente Estate Bottled Chardonnay, Napa Valley

by Executive Chef Trevor Eliason

Ingredients

Marinated Beets

- 2 bunches red baby beets
- 1 tablespoon olive oil
- Kosher salt and freshly ground pepper, to taste
- 2 tablespoons water
- 1 tablespoon Dijon mustard
- 2 teaspoons kosher salt
- 2 tablespoons yuzu juice
- 2 tablespoons sherry vinegar
- 1/3 cup grapeseed oil
- 1 tablespoon sesame oil

Kale and Sesame Seed Salad

- 2 bunches kale (Tuscan or dino kale), stems removed
- 1/4 cup Parmesan shavings
- 1 pinch kosher salt
- 1 tablespoon toasted sesame seeds
- 2–3 tablespoons yuzu or lemon juice
- 1 teaspoon sesame oil
- 1 teaspoon olive oil

Butter-Basted Halibut

- 4 6-ounce pieces halibut, skin removed
- Kosher salt and freshly ground pepper, to taste
- 2 tablespoons grapeseed oil
- 6 tablespoons butter
- 4 thyme sprigs
- 3 garlic cloves, smashed

METHOD

Marinated Beets

Preheat the oven to 350°F. Wash the beets and place in a roasting pan. Add the olive oil, salt, pepper and water. Tightly cover the pan with foil, and place in the oven for one hour or until the beets are tender. When they have cooled, peel and trim the root tops, then cut in quarters.

In a small bowl, whisk together the Dijon mustard, salt, yuzu juice and sherry vinegar, then incorporate the grapeseed oil and sesame oil. Pour the marinade over the beets and set aside. Keep at room temperature.

Kale and Sesame Seed Salad

Cut a chiffonade of kale, stacking five leaves at a time, and place into a mixing bowl. Add the parmesan shavings, a pinch of salt, sesame seeds, yuzu juice, sesame oil and olive oil. You can incorporate the dressing into the kale by squeezing the mixture with your hands or pressing the ingredients with a spoon. Set aside.

Butter-Basted Halibut

A non-stick or cast iron sauté pan works best for cooking halibut on high heat. Season the halibut portions with kosher salt and freshly ground pepper. Coat a large sauté pan with grapeseed oil and bring to high heat. When it starts to smoke, place the halibut portion presentation side down. (The skin side should be facing up.) Turn the heat down to medium and cook for two minutes, until a golden color starts to appear from under the fish. Season the back side of the fish with salt and pepper. Flip the halibut skin side down, then add butter, thyme and garlic. When the butter begins to foam, tilt the pan toward you and use a spoon to baste the fish portions with the beautiful foaming butter. Continue to cook for two more minutes, then remove from heat and let rest.

Presentation

Arrange the kale salad on your plate. Garnish with the colorful beets, then place the halibut next to the vegetables. Enjoy with a glass of Far Niente Chardonnay!

Serves 4