

Halibut, Morels, Asparagus en Persillade

This beauty of a dish is really very simple.
All you need are two good quality skillet, and some tasty fresh ingredients.

2 - 6 ounce Halibut Filet (skinless)
7 - Asparagus Spears, cut in 2 inch pieces
12 - Morel Mushrooms
2 - Garlic Cloves, Chopped
2 Tbsp Chopped Fresh Parsley
2 Tbsp Butter



Preheat oven to 200

1. Heat an oven proof fry pan over high heat
2. Season the Halibut generously with salt
3. Add a little canola oil to the hot pan and swirl it around
4. Add the Halibut, salted side down, to the pan and sear for 3 minutes.
5. After 3 minutes place the pan with the fish into the oven for 7 minutes.
6. While the fish is cooking turn the burner on the stove down to medium, heat a second skillet.
7. Add a little bit of the butter to the pan and cook the asparagus for 2 minutes.
8. Add 1/4 cup water to the pan and let simmer until the pan is almost dry, about 1 minute
9. Add the Morel Mushrooms and cook for 1 minute.
10. Add the Garlic and Parsley and another 1/2 cup water.
11. Let the mixture cook until half the water is evaporated, about another minute.
12. Remove from the heat and add the remaining butter to the pan and stir until the butter is melted into the mixture, it will look like a nice sauce.
13. Spoon half of the mix onto each of two dinner plates.
14. At this time the Halibut will be done (7 minutes of cook time in the oven) so take it out of the oven and place one portion over top of the Asparagus mix and serve.

*** NOTE ***

Every kitchen and cook should have an instant read thermometer. Check the internal temperature of the fish, it needs to be at 110 - 120 degrees in the middle.

*** EXTRAS ***

If you have some green onions in the fridge slice them thin and add to the mix at the same time you add the garlic