

Blackened Halibut *with Roasted Red Pepper Beurre Blanc*



INGREDIENTS

6-8 oz Fresh Halibut fillets
3 tbsp blackening seasoning

For the Risotto:

5 tbsp olive oil
6 c chicken stock
1 md yellow onion, diced
1c dry white wine
2½ c Arborio rice
½ c reggianito cheese
½ c lobster meat, cooked and diced

For the Julienned Vegetables:

1 red bell pepper
1 green bell pepper
1 yellow bell pepper
1 poblano pepper
1 lg red onion
1 zucchini
1 yellow squash
1 tsp garlic
3 tsp kosher salt
1½ tsp fresh cracked pepper
1 Tbs olive oil

For the Roasted Red Pepper Beurre Blanc:

3 roasted red bell peppers, skin removed
1 tbsp garlic, crushed
½ c dry white wine
½ lbs butter, cubed and chilled
1 tsp salt
½ tsp pepper

DIRECTIONS

For the Risotto:

Saute the onion in olive oil until soft. Add the rice and mix well. Add the wine and stir constantly until it evaporates. Add chicken stock and stir occasionally until the liquids are absorbed. Add lobster meat, cheese, and season to taste.

For the Julienned Vegetables:

Slice all vegetable into long thin uniform strips. In a large sauté pan, heat oil over medium-high heat. Add garlic and sauté for one minute. Add vegetables season with salt and pepper, then cook until tender.

For the Roasted Red Pepper Beurre Blanc:

In a medium pot, add red peppers, garlic, and wine. Reduce over medium heat until thickened. Puree ingredients in a blender until smooth and thick. Return the sauce to the pot and bring to a boil. Turn off heat and whisk in the butter one cube at a time until the sauce has come together. Strain sauce through a fine mesh sieve. Season with salt and pepper to taste.

specialty of:
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