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PAN SEARED HALIBUT WITH SUMMER FRESH PEACH COMPOTE

This is a fresh a light entrée you can serve quickly and elegantly. If the halibut is at it's freshest, and the peaches you choose for cooking are wonderfully sweet, the contrast of these flavors will be delightful for such a simple to do recipe.

2, 8oz fresh halibut filets
2 tbsp. Unsalted butter
3 tbsp. Extra virgin olive oil
4, medium size fresh peaches, cleaned, med. Dice
3 tbsp, peach preserve, of good quality
juice of 1 lemon
salt and pepper to taste
fresh sprigs of parsley for garnish
fresh lemon wedges

Prepare halibut by seasoning with salt and pepper. In a med. Size sauté pan heat over med. High heat. Melt the butter. When just slightly sizzling, add diced peaches, sauté for a minute or two. Add the peach preserve, lemon juice, and a pinch of salt. Combine and sauté together for about 2 more minutes or until hot and flavors have melded together. Remove from heat and set aside in a bowl to keep warm.

In another med. Size sauté pan, heat the oil over med. high heat. When pan is nice and hot, but not burning the oil, place the halibut filets, skin side up, into the pan. Let the filets pick up a nice golden crispy appearance before turning over. Cook approximately 7-8 minutes or until fish is cooked, but not dried out. Remove skin before service and place fish on plates with the nice golden side up. Spoon the peach compote over the top and garnish with a fresh sprig of parsley and a fresh lemon wedge.

