

Seared Halibut with Pickled Blueberries



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 4

Ingredients:

1 cup red wine vinegar

1/3 cup cane sugar

1 (2-inch) cinnamon stick

Kosher salt and fresh ground black pepper

1 cup fresh blueberries

1/2 cup sliced red onion

4 (6 to 8 ounce) Alaska Halibut fillets, fresh or thawed

1 1/2 tablespoons olive oil

1/2 cup microgreen herbs

Description:

Stir together 1/3 cup water, vinegar, sugar, cinnamon, 1 1/4 teaspoons salt, 1/2 teaspoon pepper in a medium saucepan. Bring to a simmer stirring until sugar and salt are dissolved. Remove from heat and stir in blueberries and onion. Let stand until completely cooled, about 2 hours. If desired, cover and chill until ready to use, up to 1 week.

Pat the halibut fillets dry with clean paper towels. Sprinkle fillets evenly with 1 teaspoon salt and 1/2 teaspoon pepper. Heat a large heavy skillet over medium heat until hot; add oil swirling to coat. Add fillets and cook until golden brown on one side, about 3 to 4 minutes. Turn fillets over and cook until golden and just cooked through, about 3 minutes.

Arrange fillets on a serving dish. Using a slotted spoon, top fillets with desired amount of blueberry mixture. Sprinkle with microgreens. Serve immediately.