

Herb Crusted Alaska Halibut Cassoulet of White Beans



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: Serves 4

Ingredients:

For the Halibut:

4 portions of Alaska halibut, 5 to 6 oz. each, skin and bones removed

2 each beefsteak tomatoes, sliced in 1/3-inch slices

4 oz.' butter, softened

2 oz. fresh soft breadcrumbs

4 ounces chopped basil, parsley and chives in equal amounts

For the Beans:

1 cup white beans- tarbais or cannellini beans are best, soaked in 1 gallon of water overnight

4 cups rich chicken stock

1 each carrot, peeled and diced

1 each yellow onion, peeled and diced

4 garlic cloves, smashed

1 bunch of thyme tied with twine

1 each lemon to zest

For Seasoning:

Kosher Salt

Olive Oil

Description:

Recipe by Chef Neal Fraser

INSTRUCTIONS

Set oven to 250° F.

For the Herb Panade:

Bring a pot of salted water to a boil. Blanch the herbs, shock in ice water and blend in a food processor with breadcrumbs and soft butter. Season with salt. Blend until smooth. Reserve. It will be served at room temperature.

For the Beans:

In a pot, sweat out the onions, garlic, celery and carrots in a touch of olive oil until the vegetables are soft. Add drained beans, herbs and chicken stock. Simmer over low flame until the beans are tender. There should be lots of stock left, not dry. If too dry, add more stock. Cool overnight if possible. Re-heat the next day over a low flame. Check for seasoning and add salt as needed.

For the Halibut:

Heat oven to 250° F. On a cookie sheet put sliced tomatoes down and the halibut on top so the fish does not touch the cookie sheet. Keep cooked tomatoes for another use. Season the halibut with salt and top with the panade, left at room temperature so it easily spreads on the fish. Bake fish until cooked through. Approximately 10 minutes. Serve the halibut on top of the beans in a large bowl. Zest lemon on top of fish.

WHY DID I CHOOSE ALASKA HALIBUT FOR THIS DISH?

Alaska halibut is the best in the world. It is moist, plump and perfect for the preparation with this dish.