

Pan Seared Herbed Crispy Halibut

RECIPE
104

SERVES 4-6




wine rack

winerack.com

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1 ½ lb	750 g	halibut or turbot steaks
1 egg, beaten		
2 tbsp	30 mL	olive oil
1 lb	500 g	asparagus
1 lb	500 g	small potatoes
2 tbsp	30 mL	lemon juice

SEASONED CRUMBS

½ cup	125 mL	breadcrumbs
1 tsp	5 mL	Herbes de Provence
2 tbsp	30 ml	quick cooking oats
1 tsp	5 mL	grated lemon rind

Mix together seasoned crumb ingredients; dip fish in egg and then in breadcrumb mixture. Cook fish in large fry pan over medium heat in hot oil until fish is crispy and cooked; about 10 minutes. Meanwhile cook asparagus and potatoes. Remove fish from pan, keep warm. Add lemon juice to pan and stir well scraping any breadcrumb mixture from bottom of pan. Spoon over fish; serve with asparagus and potatoes.

ADD INTEREST TO YOUR MEAL BY TRYING BOTH:

Jackson-Triggs Proprietors' Reserve Chardonnay
Jackson-Triggs Proprietors' Reserve Merlot

Medium White

Medium Red

