

NORWEGIAN HALIBUT WITH CAPERS AND BROWN BUTTER

Yield: 4 Servings

INGREDIENTS

- 4 halibut filets (8 oz. each)
- ½ cup capers, liquid reserved
- 2 Tbsp. lemon juice
- ¼ cup extra virgin olive oil
- 6 Tbsp. butter
- 2 Tbsp. chives, minced
- 1 Tbsp. sea salt

METHOD

1. Place the halibut filets on a paper towel-lined sheet tray to remove any excess moisture. Season both sides with sea salt.
2. Heat a large nonstick pan over high heat. When a few drops of water sizzle and dance on the surface, add 2 Tbsp. of olive oil.
3. Carefully place the halibut filets in the pan, leaving space between each piece. If needed, cook in batches to avoid overcrowding.
4. Sear the halibut for 3-4 minutes until golden brown on the first side, then flip each filet. Add the butter to the pan and swirl gently until melted and foamy.
5. Spoon the browned butter over the halibut for 30 seconds.
6. Add the capers, 1 Tbsp. of caper liquid, and lemon juice to the pan, which will stop the butter from browning further and create a flavorful sauce.
7. Remove the pan from heat and transfer the halibut filets to a serving plate.
8. Stir in the remaining olive oil and chives into the pan sauce, then spoon over the halibut. Serve immediately.

