



HALIBUT EN PAPILOTE

Yield: 4 Servings



INGREDIENTS

FOR HALIBUT

4 8-oz. halibut fillets
1 zucchini, trimmed and shaved into thin ribbons
¼ cup shallot confit (see sub-recipe)
¼ cup tomato confit (see sub-recipe)
4 tsp. soft herbs (chives, tarragon, parsley, chervil)
1 tsp. lemon zest
4 tsp. garlic butter
1½ cups fish broth (can substitute home made or quality veggie broth)
salt & pepper, to taste
parchment paper
butcher twine

METHOD

FOR SHALLOT CONFIT

1. Preheat oven to 225°F.
2. Combine all ingredients in a medium baking dish and gently toss together.
3. Bake for 70-90 minutes, until shallots are very tender.

FOR TOMATO CONFIT

1. Preheat oven to 225°F.
2. Bring a medium pot of water to boil, then blanch the tomatoes for about 30 seconds. Transfer to ice water and peel.
3. Gently toss peeled tomatoes with remaining ingredients in a baking dish and bake for 30 minutes.

FOR HALIBUT

1. Preheat oven to 400°F.
2. Lightly season each halibut fillet with salt & pepper.
3. Heat a skillet or cast iron pan over medium-high heat. Sear halibut fillets on one side until medium-rare, then remove from the heat.
4. Place 4 evenly cut pieces of parchment paper

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INGREDIENTS

FOR SHALLOT CONFIT

2 medium shallots, thinly sliced
1 garlic clove, smashed
2 sprigs fresh thyme
salt & black pepper
2-3 cups olive oil, enough to generously coat/mostly cover

FOR TOMATO CONFIT

16 grape tomatoes
1 garlic clove, smashed
2 sprigs fresh thyme
1 dried bay leaf
salt & pepper, to taste
olive oil (enough to generously coat tomatoes)

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- (about 12 x 16 inches each) in shallow bowls. Divide the zucchini strings, shallot confit and tomato confit evenly between each parchment basket.
5. Place one halibut fillet over the vegetables, and top each with 1 tsp. garlic butter, $\frac{1}{4}$ tsp. lemon zest and 1 tsp. fine herbs.
 6. Gather each corner of the parchment into a “purse,” above the halibut leaving a small opening at the top. Pour $\frac{1}{3}$ cup broth into each packet, then securely close the top with butcher twine.
 7. Transfer the packets to a sheet pan and bake in the oven for 10-12 minutes.
 8. To serve, transfer each packet to a shallow bowl or plate and carefully open at the table.

