

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

Pan Seared Alaskan Halibut with Applewood Smoked Bacon Vinaigrette

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Bacon Vinaigrette Ingredients

(Makes 1 ½ cups)

2 shallots, minced
½ lb. applewood smoked
bacon, cut into lardons
2 oz. sherry vinegar
2 oz. honey
2 oz. chicken stock
4 oz. grapeseed oil
1 tbsp. chopped parsley
Sea salt
Fresh ground pepper

Halibut Ingredients (Serves 4)

4 x 6 oz. Alaskan Halibut
pieces
2 oz. grapeseed oil
2 tbsp. butter
½ bunch fresh thyme
1 tbsp. olive oil
1 onion, chopped
1 spring garlic, sliced
1 lb. rainbow Swiss chard
½ lb. hen of the woods
mushrooms

Bacon Vinaigrette Directions

Cut the bacon into lardons. Lardons are small uniform strips. In a medium sauce pot, render the bacon until almost crisp. Drain the bacon fat. You can use the bacon fat for the bacon vinaigrette if you would like. Just subtract the amount of grapeseed oil from the recipe. I don't use the bacon fat because it makes the vinaigrette very heavy.

Place the grapeseed oil in the pan that you cooked the bacon in over medium heat. Add the minced shallots and sweat until the shallots are translucent. Add the sherry vinegar, honey and chicken stock. Bring to a simmer and check the seasoning. Adjust accordingly, it should be a balance between sour, sweet and salty. Add the rendered bacon back to the pan and set aside. The chopped parsley will be added right before serving.

Halibut Directions

Wash the swiss chard and separate the stems from the leaves. Cut the stems into ½ inch pieces and set aside. Tear the leaves into 2 inch pieces and set aside. Remove the stem from the mushrooms and break into pieces.

Place a tablespoon of olive oil in large sauté pan add the potatoes. Cook for 2 minutes to give the potatoes a head start. Next, add the onions, chard stems and mushrooms and continue to cook for another 5 minutes until the chard stems and potatoes are starting to soften. Add the sliced garlic and chili flake and stir to combine. Add the swiss chard leaves and cook until all the vegetables are tender. Season the vegetables with salt and pepper to taste.

In a separate pan, heat the 2 ounces of grapeseed oil. Season the halibut with salt and pepper. Place the halibut in the pan presentation side down. Place on medium heat to give the halibut a nice sear for about 5 minutes; it should have a nice golden color. At this point the halibut should be a third of the way cooked. Turn it over and add to the pan the 2 ounces of butter, the fresh thyme and any garlic scraps you may have from the spring garlic. As the butter melts, baste the fish with the butter. This can be done until the fish is cooked for about

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1 large Yukon gold (½ lb.),
peeled, cut into ½-inch pieces

Pinch chili flake

Sea salt to taste

Fresh ground black pepper

1 recipe applewood smoked
bacon vinaigrette

2 tbsp. butter

another 4–5 minutes. I like to stop cooking the halibut while the center is still opaque and allow it to coast the rest of the way.

Reheat the bacon vinaigrette and finish it by adding the chopped parsley.

Divide the vegetables between 4 plates by making a nice mound in the center. Top each plate with a piece of halibut. Spoon the bacon vinaigrette around and serve.

