

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

Sautéed Halibut with Quinoa, Arugula and Meyer Lemon-Ginger Vinaigrette

BY CHEF JOEY ALTMAN

Ingredients (Serves 4)

1 cup quinoa
¼ cup extra virgin olive oil
6 tbsp. Meyer lemon juice
(1-2 lemons)
¼ cup minced shallot
2 tbsp. minced chives
2 tbsp. finely diced fresh
ginger root
4 halibut filets,
approximately 6 oz. each
4 large handfuls baby arugula,
rinsed and spun dry
Sea salt and freshly ground
black pepper

Directions

To prepare the quinoa, thoroughly rinse the quinoa under cold running water in a fine-mesh strainer. Put the quinoa into a small to medium, heavy skillet with 1 tablespoon of the olive oil. Toast the quinoa over medium heat, stirring frequently, until you begin to smell its toasty fragrance; about 3 minutes. Add a cup of water, bring to a boil, cover, and cook over medium heat until the quinoa has absorbed the water; about 12 minutes. Remove the skillet from the heat, fluff with a fork, cover again, and set aside.

To make the Meyer Lemon Vinaigrette, whisk together ½ cup of the olive oil, and the Meyer lemon juice, shallots, chives, and ginger in a small bowl. Season to taste with salt and pepper. Set aside

Season the halibut on both sides with salt and pepper. Heat a heavy oven-proof skillet over medium-high heat. When the skillet is hot, add 2 to 3 tablespoons of olive oil to generously coat the pan. When the oil is hot, lay the halibut into the skillet, skin side up (even if the fish is skinless, you will want the presentation side down in the pan first). Sear for 3 to 4 minutes, then transfer the skillet to the oven until the fish is just cooked through; about 7 minutes longer. Remove from the oven and let rest 5 minutes before carefully releasing the fish from the pan with a thin spatula.

While the fish cooks, toss together the arugula, quinoa, and about half of the vinaigrette in a medium bowl. Add additional vinaigrette, salt, and pepper to taste.

Just before serving, mound the arugula-quinoa salad in a middle of each plate and top with a halibut filet, being careful to lift the skin with the fish if it was not previously removed. Drizzle additional vinaigrette over the fish, with some falling on the plate surrounding the salad.