

KENNEDY★HAHN

APPLIANCE

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★★★ Halibut, Haricot Vert and ★★★ Grilled Asian Pear Ragout

*Courtesy of Foster Deadman
Chef, Fratellos, Supple Restaurant Group, Appleton, Wisconsin*

4 servings

Ingredients:

4, 8 ounce halibut fillets
2 ounces fresh herbs of your choice, chopped
4 ounces cold butter, chopped
1 pound haricot vert, clipped and blanched
1 Asian pear, sliced thinly (lightly grilled or griddled and set aside)
1 cup cherry tomatoes, split
1 tablespoon garlic, minced
1/2 ounce basil, chiffonade
1 shallot, minced
1 cup artichoke hearts
1/2 cup vegetable stock
Salt
Pepper

In a large sauté pan, heat 3 ounces of butter until you have buerre noisette (brown butter).

Dry fish with paper towels to help prevent sticking, season first and then press into your herbs.

Place fish in large sauté pan, herb side down first. Reduce to medium heat to avoid burning the butter and brown on herb side. Flip and finish cooking either on stove top or oven depending on your preference of doneness.

In another large sauté pan, heat 1 ounce of butter until lightly brown.

Bloom together shallots and garlic. Add and sauté haricot vert, Asian pear, artichokes.

Fold in basil and tomatoes.

Deglaze with vegetable stock and season with salt and pepper.

