



LAWER

ESTATES

PAN SEARED HALIBUT WITH LEMON BROWN BUTTER

PAIRS WITH LAWER ESTATES CHARDONNAY



When summer in Alaska begins, we are always eager to head to Homer, anticipating the giant halibut that David will surely catch, filling our freezer and bellies for months! Whether you are pulling your halibut out of the freezing Kachemak Bay waters or out of your own freezer, this simple recipe is an easy “go to” for a fancy dinner or a quick on-the-go family night. Paired with our Lawer Estates Chardonnay this is sure to please even your most ardent landlubber.

INGREDIENTS:

4 6 ounce halibut fillets (1.5 lbs total)
2 Tbsp. flour (substitute gluten free flour is needed)
1/2 tsp. paprika
1 tsp. salt
1/4 tsp. black pepper
2 Tbsp. olive oil
8 Tbsp. butter (divided)
1 medium lemon (juiced)

PREPARATIONS:

Pat fish very dry. Wet fish will not sear well. Mix flour, paprika and pepper in a shallow dish. Dust fish fillets on both sides with the flour mixture, which will help provide an even sear. Sprinkle with salt and set aside to rest at room temperature for 15 minutes.

Over medium to high heat, using a heavy pan (cast iron is preferred) combine olive oil and 2 Tbsp of the butter, heat until the melted butter begins to foam. Add halibut fillets, leaving space between them.

Set timer for 4 minutes and do not disturb the fish. After four minutes (or earlier if the fish appears to be opaque nearest to the pan), using a thin metal spatula, slide it under the fish and flip.

(If the fish sticks, wait 30 seconds and try flipping again.) Place 1/2 tbsp butter on the top of each of the fillets immediately after flipping. Cook the fillets for an additional 3 to 4 minutes until there is a golden crust on both the top and the bottom and the fillet is completely opaque.

Remove to a platter and place in a 200 degree oven.

Reduce the heat on the pan to medium-low and add the remaining 4 Tbsp of butter. Melt the butter, then heat it for 2 to 3 minutes until the butter is browned and smells nutty. Stir up all the remaining bits from the pan and add the lemon juice, stirring frequently. Bring to a simmer, stir often until the volume is reduced by half, about 3-4 minutes. Remove fillets from oven, place on plates and drizzle lemon butter sauce over each fillet. (Sauce will be thin.) Pair with a chilled Lawer Estates Chardonnay and enjoy!