Celebrate Your Cellar

LEMON GARLIC HALIBUT



2024 SAUVIGNON BLANC, TRINITY RIDGE VINEYARD

Looking for a light pairing that doesn't sacrifice on flavor? This recipe is quite simple, with a delicious, buttery outcome that you'll want to make all year round. With just a few ingredients and a little bit of patience, you'll cook a *perfectly delicate* halibut; an excellent match for *Sauvignon Blanc* from our Trinity Ridge Vineyard.

The trick: get your pan *hot* before cooking the fish, then *wait* to flip until it releases from the pan. This will keep the fish in tact while you flip and create that beautiful, *golden-brown* crust every time. Again, *patience is key*, so take a deep breath and a *sip of wine for confidence*.

Cook Time

30 MINUTES

Yield

4 SERVINGS

Allergens

DAIRY

Can be made dairy free

INGREDIENTS:

- 4 7-8 ounce Halibut fillets, *at least one inch thick*
- 4 Tbsp - Butter, *slightly softened*
- Zest of half a Lemon
- 6-8 Thyme sprigs, *leaves stripped*
- 2 Garlic cloves, *chopped*
- 2 Tbsp LFHF Extra Virgin Olive Oil
- Salt & Pepper, *to taste*

PREPARATION:

One:

In a small bowl, combine **softened butter**, **thyme leaves**, **lemon zest**, & **chopped garlic**. Fold with a spatula until well mixed. Set aside. *You can make this a day in advance.*

Two:

Pat **halibut** as dry as possible. This will help form an even crust. Season generously with **salt** & **pepper**. Heat **oil** in a pan on high & let come to temperature.

Three:

Place **halibut** into the pan skin-side up & cook for 3-5 minutes until a golden-brown crust forms & the fish easily lifts from the pan. Turn heat down to medium, then flip fillets.

Four:

Add the **compound butter** from earlier to the pan. As it melts, tilt the pan & spoon the butter over the fish repeatedly for 3-6 minutes until cooked through. When fish is cooked, plate & pour **butter sauce** over top. Enjoy with a side salad & a chilled glass of **Sauvignon Blanc**!

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