

THE FIREHOUSE

RESTAURANT

HALIBUT PROVENÇAL WITH OLIVE TAPENADE SWEET PEA PURÉE AND HERB RISOTTO

Deneb Williams ~ Executive Chef
(Serves 4 guests)

INGREDIENTS

4 ea	6-oz halibut filets
to taste	salt & pepper
¼ cup	olive oil or vegetable oil blend
¼ cup	chardonnay
1 Tbsp	butter
½ cup	Olive Tapenade (see recipe below)
1 cup	Pea Purée (see recipe below)
2 cups	Herb Risotto (see recipe below)

HERB RISOTTO

2 Tbsp	80/20 blended olive oil
1 Tbsp	garlic, <i>minced</i>
1 Tbsp	shallot, <i>finely chopped</i>
¼ cup	onion, <i>chopped</i>
½ cup	chicken stock
2 cups	Herb Risotto (<i>prepared earlier</i>)
12 ea	whole baby artichokes, marinated in olive oil, <i>halved if large (available at gourmet markets)</i>
1 Tbsp	cold butter
¼ cup	fines herbes

MISE EN PLACE (THIS MAY BE DONE 24 HOURS IN ADVANCE)

- Prepare Olive Tapenade.
- Prepare Pea Purée.
- Par cook Risotto per recipe for later use in preparing final risotto.
- Chop herbs, mince garlic and chop shallot and onion.
- Store in refrigerator until use.

HALIBUT PROCEDURE

- Liberally season halibut on both sides with salt and pepper.
- In a sauté pan over medium-high heat, sear the top (skin side is bottom) of halibut for 3-4 minutes in oil until deeply caramelized.
- Flip halibut and deglaze pan with wine and add butter.
- Roast halibut in 400° oven for 4-5 minutes.
- Remove from oven and set aside.

HERB RISOTTO PROCEDURE

- Sauté garlic, shallots and onions in oil (do not brown).
- Deglaze pan with chicken stock.
- Add pre-cooked risotto.
- Cook for 4-5 minutes until liquid is absorbed.
- Add baby artichokes and reduce heat to low.
- Whisk in cold butter, stirring constantly to form emulsion.
- Add fines herbes, cook for one minute.
- Serve immediately.

To SERVE

- Portion the pea purée onto four plates.
- Portion risotto on top of pea purée.
- Place halibut on top of risotto.
- Garnish halibut with olive tapenade.

OLIVE TAPENADE

(Yields approximately 1 cup)

INGREDIENTS

4 wtoz	kalamata olives
2 wtoz	queen olives
1 wtoz	roasted red peppers, <i>jarred</i>
1 wtoz	sun-dried tomatoes
2 cloves	garlic
1 cup	extra virgin olive oil
¼ bunch	parsley, <i>chopped</i>

Note WTOZ = measurement of weight in ounces.

PROCEDURE

- Combine all ingredients in a food processor.
- Turn machine to chop and add oil quickly. Do not purée.
- With the machine still running add parsley.

SWEET PEA PURÉE

(Yields 1 cup)

INGREDIENTS

1 cup English or frozen peas
1 clove garlic
¼ cup water
½ tsp kosher salt
1 Tbsp lemon juice

PROCEDURE

- Bring 2 quarts of salted water to a boil.
- Blanch peas for 1-3 minutes until bright green and soft.
- Shock peas in ice water to stop cooking.
- Combine all ingredients in a blender and purée until smooth.

HERB RISOTTO

(Yields 2-3 cups)

INGREDIENTS

1 qt chicken stock or water
¼ cup onions, *diced*
4 cloves garlic, *minced*
2 Tbsp olive oil
1 cup risotto
1 Tbsp kosher salt
1 Tsp ground black pepper
¼ cup fines herbes

PROCEDURE

- In a stock pot over medium heat, heat chicken stock or water.
- In a 4-quart sauce pot over medium heat, sauté onions and garlic in olive oil.
- Add risotto, salt and pepper and sauté 2 to 4 minutes.
- Ladle one-third of the hot stock into rice.
- Stir continuously over medium-low heat until water is reduced to the level of the rice.
- Repeat with another third of the chicken stock.
- Finish with remaining stock.
- Add fines herbes and cook to al dente* and set aside.
- Do not cook completely. Final cooking will take place later.

*Al dente means “to the tooth” or “still slightly crunchy”.