

Butter Poached Halibut with Mediterranean Eggplant Relish

Serves 2:

Ingredients

Mediterranean Relish:

1 medium eggplant

2 large garlic cloves

1/4 cup olives (about 10-12)

1/2 pound campari or cocktail tomatoes

1/4 cup basil leaves

2 tablespoons olive oil

kosher salt and freshly ground black pepper

2 tablespoons good quality balsamic vinegar

3/4 pound halibut fillet, cut into 2

kosher salt and freshly ground black pepper

2 teaspoons grapeseed oil

1 tablespoon unsalted butter

Drizzle:

best quality extra virgin olive oil

good balsamic vinegar

Preparation

Make Relish: trim the ends off the eggplant, peel if you like, and cut into 1/2" dice.

Finely mince 2 large garlic cloves.

To pit olives, use the side of a chef's knife to smash the flesh and remove pits.

Coarsely chop the olives--you should have about 1/4 cup.

Dice tomatoes and chop basil leaves.

In a large sauté pan, heat olive oil over medium heat.

Add diced eggplant and cook, stirring occasionally, about 4 to 5 minutes.

Lightly season with kosher salt and freshly ground black pepper.

When eggplant is golden, add minced garlic to pan and cook, stirring for one minute.

Stir in chopped olives and tomatoes and sauté for 2 minutes.

Add vinegar to vegetables and bring to a simmer.

Cook down until slightly reduced--about 3 more minutes.

Toss in chopped basil and taste for seasoning; set aside.

Preheat a cast iron or heavy skillet over medium heat.

Add grapeseed oil to pan and heat until shimmering.

Season fish fillets on both sides with kosher salt and freshly ground black pepper.

Place fish in pan skin side down.

Add 1 tablespoon unsalted butter to the pan to melt.

Tilt the pan and, using a large spoon, baste fish fillets with melted butter, about 3 to 4 minutes.

Flip fillets over, continue to cook and baste another 3 minutes or more, depending on thickness of fish.

When finished, the flesh will be flaky and opaque all the way through.

To plate, spoon a mound of the relish on one half the dish.

Lean a halibut fillet on top.

Drizzle extra virgin olive oil and balsamic vinegar around the plate.

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