

Pan Seared Halibut & White Bean Ragu

A sure sign of Spring in Vancouver is the arrival of fresh Halibut in the Markets. Love this time of year.



Ingredients

2 portions of Halibut about 6 ounces each
2 slices of smoked bacon - diced
1 shallot - diced
2 cloves garlic - sliced
1 small can Canellini Beans
1/4 cup store bought plain tomato sauce

This is a two-pan meal, one oven proof skillet and either a second skillet or a medium sauce pan

1. Preheat the oven to 350 fahrenheit
2. Heat the skillet over high heat until just starting to smoke
3. Add a tablespoon or two (depending on size of pan) to the skillet and swirl to coat the entire surface
4. Generously season the best side of the Halibut with salt and add to the pan (you want to hear a good sizzle)
5. Cook for about 4 minutes or until you have a nice seared surface
6. Once nicely seared place skillet in the oven for 4 minutes
7. Remove and set aside while you finish the ragu.
8. While you are searing the Halibut heat a second skillet or sauce pan over medium heat for a minute or two.
9. Add the Bacon and cook for 2 minutes
10. Before the bacon is crisp, add the diced shallot
11. Once the shallot is just translucent add the garlic Cook for 30 seconds, reduce heat to low, add the tomato sauce
12. When the Halibut is done and removed from the oven add the White Beans to the Ragu and stir in.
13. Taste for seasoning and add salt or pepper to your taste.
14. Spoon half of the Ragu onto each of two large plates or bowls
15. Top with the Halibut, seared side up and serve.

*** Notes***

We also served this dish with an easy Parsley Pesto

Toss a bunch of parsley in a food processor with 1/4 cup olive oil and 1 minced clove of garlic and process until just combined then add a little white wine vinegar.