

Pan Seared Alaskan Halibut Cheeks over English Pea Puree

Courtesy of Chef John Medall | The Patio

(Serves 4)

24 oz / 8 pieces Alaskan Halibut Cheeks

8 squash blossoms

1 cup fresh English peas

4 baby purple artichokes

1 cup vegetable stock

2 tbs olive oil

2 tbs whole butter

To make English pea puree:

1. Fresh shucked English peas blanched in salted water just until they are bright green in color (Approx 30 seconds). Immediately shock in ice water to stop the cooking process.
2. Once the peas are cooled, place in the blender with vegetable stock. Season with salt and pepper to taste and set aside.
3. Reserve the water.

To prepare halibut cheeks:

1. Begin by placing the cheeks on folded paper towels to wick any remaining moisture.
2. In a medium saute pan add olive oil. When the pan is very hot and just begins to smoke add the halibut cheeks seasoned with salt and pepper then add the butter to the pan. Cook on one side for approximately one minute until the cheeks begin to release from the pan. Flip on to the other side and finish the cooking process for approximately 1 more minute. Remove from the heat and set aside.

To prepare the artichokes:

1. Blanche in the same salted water as the peas. Blanche until the stem is just tender enough to run a sharp knife through. Remove from the water and place into ice water. Once cool, cut the artichoke in half and with a teaspoon remove the choke (the furry looking part just above the heart).
2. Once removed, season the cleaned artichoke with olive oil, salt, pepper and a touch of white balsamic vinegar. Place on an open fire grill or grill pan until there is a bit of char visible on the flesh.

To plate:

1. With a spoon or small offset spatula drop 2oz of the pea puree on one end of the plate and with the side of the spoon or the offset drag the puree from one side of the plate to the other. Lightly saute the squash blossoms with olive oil, butter salt and pepper just enough to wilt. Place the sauteed squash blossoms on the pea puree leaving enough space to place the charred artichoke between each halibut cheek. Place the seared cheek on the squash blossom offset so that it can be seen and the cheek sits at an angle.
2. Garnish with micro amaranth for a pop of color and lightly drizzle the whole dish with good olive oil and serve.

Cheers and Eat Well!

