



Pan Seared Halibut w/Crab Lemon Beurre Blanc
HLN: Valentine's Day Dinner Under an Hour

Pan Seared Halibut

Ingredients:

Two Halibut Filets

3 tablespoon canola oil

2 tablespoons unsalted butter

Salt and white pepper to season

- 1.) Season both sides of the halibut filets with salt and white pepper.
- 2.) Add oil to medium sized cast iron pan and bring to medium high heat.
- 3.) Add halibut to pan, and seared until bottom of fish starts to turn golden brown, about 3 to 4 mins.
- 4.) Add butter to pan, and continue to sear until butter melts and starts to slightly brown.
- 5.) Flip halibut, tilt pan and continual baste the halibut with the melted brown butter, until fish is rich golden brown and crisp; about 2 to 3 mins.
- 6.) Serve hot immediately.

Yield: 2 servings

Crab lemon beurre blanc

Ingredients:

8 oz jumbo lump crab meat (room temperature)

1 shallot minced

2 garlic cloves min minced

1/2 cup heavy cream

1/2 cup white wine

Juice of 1/2 a lemon

2 tablespoons freshly chopped chives

2 tablespoons cold unsalted butter

2 tablespoons olive oil

Salt and white pepper to taste

Recipe:

- 1.) In a medium sized sauce pan add olive oil, and bring to medium high heat.
- 2.) Add shallot and garlic to pan, and lightly sauté until lightly caramelized, add lemon juice and white wine and reduce by 1/2 volume, about 3 to 4 mins.
- 3.) Add heavy cream to pan, and reduce by 1/3 volume, and thickens.
- 4.) Reduce heat to low heat, and whisk in cold butter, until emulsified.

- 5.) Add crab meat, and chives in sauce and stir until well coated and incorporated; season to taste with salt and white pepper.
- 6.) Serve hot with halibut and spinach.

Sautéed Spinach

Ingredients:

- 6 oz spinach
- 1 shallot minced
- 3 garlic cloves minced
- 2 tablespoons olive oil
- 1 pinch salt
- 1 pinch black pepper
- Pinch crushed red pepper

Recipe:

- 1.) In a medium sized saucepan, add olive oil and bring to medium high heat.
- 2.) Add shallot, garlic and crushed red pepper to pan, and sauté until lightly caramelized.
- 3.) Add spinach, and pinch of salt and pepper to pan, and sauté until spinach breaks down, softened and tender, about 2 to 3 mins; season to taste.

Chocolat & Salted Caramel Fondue

Ingredients:

*Salted Caramel fondue**

*Chocolat fondue**

- 1/2 of a pound cake cubed
- 1/2 pineapple cubed
- 8 to 10 strawberries
- **Optional: marshmallows, graham crackers, etc...

Salted caramel sauce

Ingredients:

- 1/2 C butter
- 1/2 C brown sugar
- 1 cup heavy cream
- 1 teaspoon kosher salt

Recipe:

- 1.) Add butter, and sugar to a medium saucepan and turn to medium high heat; whisk until it turns into wet like sand consistency about 3 to minutes.
- 2.) Whisk in heavy cream, and bring to a boil.

3.) Add kosher salt, and reduce to a simmer until caramel sauce thickens into sauce like consistency about 4 to 5 mins.

Yield: about 1 cup

Chocolat Fondue

Ingredients:

1 cup heavy cream

4 oz high quality bar Chocolat ghirardelli/Godiva/Lindt chopped up into small pieces

1 tablespoon bourbon

1 tablespoon vanilla extract

1/8 pinch sea salt

Recipe:

- 1.) In a medium sized sauce pot, fill 4" high with water, and bring to a simmer.
- 2.) Place a mixing bowl, on top of sauce pot and add heavy cream to mixing bowl.
- 3.) Once heavy cream starts to heat up, whisk in chopped chocolat until well incorporated.
- 4.) Whisk in bourbon, vanilla and sea salt until incorporated. Serve immediately with cut pound cake, strawberries, pineapple, marshmallows etc...

Yield: about 1 cup