

# HOOKED ON FISH

Fresh. Simple. Sustainable.

## **Pan-Roasted Halibut with Herbed Cannellini Beans** adapted from *Bon Appétit*

If you don't have time to prepare dried beans use canned. But, if you do have the time, using dried corona or gigante beans is well worth the extra fuss. In this recipe the halibut is brined in salt water, which seasons it all the way through, but if your fish is super-fresh, there is no need to brine it.

1 can cannellini beans  
2 anchovy fillets packed in oil, drained, finely chopped (optional, but it adds umami)  
1 garlic clove, finely chopped or grated  
 $\frac{3}{4}$  cup finely chopped fresh parsley  
1 tablespoon drained capers, finely chopped  
1 tablespoon finely grated lemon zest  
1 tablespoon fresh lemon juice  
 $\frac{1}{2}$  cup plus 1 tablespoon olive oil  
Freshly ground black pepper  
2 6-ounce skinless halibut fillets  
1 tablespoon olive oil  
1 tablespoon unsalted butter  
Lemon wedges

Mix anchovies, garlic, parsley, capers, lemon zest, lemon juice, and  $\frac{1}{2}$  cup of olive oil in a medium bowl; season with salt and pepper. Drain and rinse beans. Add to parsley mixture, tossing to coat. Season beans with salt and more lemon juice, if desired.

Whisk  $\frac{1}{4}$  cup salt with 4 cups water in a shallow baking dish until salt is dissolved; add halibut (it should be submerged) and let it sit 30 minutes (don't let it brine any longer or the fish will be too salty).

Remove halibut, rinse carefully, and pat dry. Heat remaining tablespoon oil in a large skillet over medium-high and cook halibut (do not season) until a golden brown crust has formed, about 4 minutes, depending on thickness. Flip and cook another minute or so, just to finish cooking through and sear the second side. Turn off heat and add butter to skillet. Tilt skillet and spoon foaming butter over fillets for another minute. Serve halibut with beans and lemon wedges for squeezing over.

Serves 2

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