

CS

SP

MATCH

FOOD & WINE PAIRING by Kevin Maniaci

Roasted Pacific Halibut

Cave Spring Chardonnay

CS

INGREDIENTS

- 4-6 oz. halibut portions filleted with skin still attached
- 1/2 tsp. minced shallots
- 1 oz. grape seed oil
- 6 oz. Chanterelle mushrooms
- 4 oz. Cave Spring Chardonnay
- 1/4 bunch of tarragon-leaves removed/stems discarded
- 3 pcs. thinly sliced green onion
- 1 tbsp. cold butter
- Sea salt and fresh ground pepper to taste

Serves 4

Roasted Pacific Halibut

PREPARATION

Pre-heat a heavy bottomed skillet over medium-high heat. Season halibut with salt, pepper and half of the grape seed oil. Add remaining oil to skillet. Place halibut flesh side down and sear for 30 seconds.

Transfer to oven pre-heated to 400F and roast for 5-8 minutes depending on the desired level of doneness. Remove from oven and return skillet to stovetop. Remove halibut from pan and place on a serving platter in a warm place.

Add chanterelles, shallot and tarragon to skillet. Sauté for 3 minutes. Do not brown shallots during this time as they will develop a bitter flavour. Deglaze with wine and reduce in volume by two-thirds. Add cold butter and stir in until completely melted. Taste for seasoning and spoon over halibut. Garnish with fresh tarragon leaves.

Pour remaining Chardonnay into four glasses and enjoy!

Kevin Maniaci | Chef | Inn On The Twenty

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