



Deb's Easy Poached Halibut

I have a house full of big hungry boys, and this fish recipe is packed with flavor and satisfies all. An added bonus is sending the boys out to catch, clean, and cook! This recipe works with any fish or shrimp. You can also serve with corn tortillas and Ana's margaritas. Ole!



INGREDIENTS

3 T butter
4 halibut filets
¼ teaspoon cayenne pepper
2 lbs. leeks (white and light greens only)
2 garlic cloves
¼ cup white wine or any alcohol
1 c. chicken broth

Lemon Zest Sauce

1 T parsley, chopped
2 t lemon zest
2 t lemon juice
Combine in bowl and save for top of finished fish

DIRECTIONS

1. Melt 3 T butter in skillet big enough to hold the filets.
2. Meanwhile, sprinkle halibut with cayenne pepper and ½ t salt and let rest on counter.
3. Add leeks to skillet, add garlic and ¼ t salt. Cook 5 mins.
4. Add wine and cook another 1 min, add chicken broth and bring to simmer (med/low heat).
5. Place halibut filet on top of leek and poach until 140 degrees (15 mins).
6. Add lemon sauce and serve on top of rice.