



Sear-Roasted Halibut with Blood Orange Salsa

Ingredients

3/4 cup fresh navel or Valencia orange juice (from 2 medium oranges)
3 small blood oranges, cut into segments, segments cut in half
2 Tbs. minced red onion
1 Tbs. chopped fresh cilantro
1 Tbs. extra-virgin olive oil
1 Tbs. finely grated navel or Valencia orange zest (from 2 medium oranges)
Kosher salt and freshly ground black pepper
1 tsp. finely grated navel or Valencia orange zest (from 1 small orange)
1 tsp. chopped fresh thyme
Kosher salt and freshly ground black pepper
4 6-oz. skinless halibut fillets
3 Tbs. olive oil

Position a rack in the center of the oven and heat the oven to 425° F.

For the Salsa:

In a small saucepan, boil the orange juice over medium heat until reduced to 1/4 cup, 8 to 10 minutes. Let cool.

In a medium bowl, combine the reduced orange juice, blood orange segments, onion, cilantro, olive oil, and orange zest. Season to taste with salt and pepper.

For the Halibut:

In a small bowl, mix the orange zest, thyme, 1-1/2 tsp. salt, and 1/2 tsp. pepper. Rub the mixture all over the halibut fillets. Heat the oil in a 12-inch ovenproof skillet over medium-high heat. When the oil is shimmering hot, arrange the fillets in the pan. Sear for about 2 minutes without moving; then use a thin slotted metal spatula to lift a piece of fish and check the color. When the fillets are nicely browned, flip them and put the pan in the oven.

Roast until the halibut is just cooked through, 3 to 5 minutes. Remove the pan from the oven and transfer the halibut to serving plates. Spoon some of the salsa over each fillet. (I like to add the salsa to the pan once the fish are removed to just warm it slightly before serving).

photo: Scott Phillips

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