

THE WAY THE COOKIE CRUMBLES



Pan-Seared Halibut in White Wine Sauce with Haricots Verts and Tomato-Scallion Relish (adapted from Alfred Portale's *The Twelve Seasons Cookbook* via epicurious)

4 servings

Regular green beans work just as well as haricots verts in this recipe. I've also successfully made it with both halibut and mahi-mahi. The pictures show mahi-mahi.

It's easy to adapt for one person; just divide all of the ingredients by four and use a small skillet.

2 tablespoons olive oil, divided
16 ounces haricots verts or green beans
Coarse salt and freshly ground pepper to taste
¼ cup water
6 tablespoons white wine, divided
4 halibut or mahi-mahi fillets, each approximately 1 inch thick
2 tablespoons fresh lemon juice
2 tablespoons unsalted butter
4 scallions, finely sliced
2 tablespoons capers, drained
4 small roma tomatoes, diced fine

1. In a large nonstick skillet, heat 2 teaspoons oil over medium to medium-high heat. Add the beans, 1 teaspoon salt, and a pinch of pepper; cook, stirring occasionally, until the beans are spotty brown, 4 minutes. Add the water, cover, and cook until the beans are bright green and still crisp, about 2 minutes. Remove the cover, increase the heat to high, and cook until the water evaporates, 30 to 60 seconds. Divide the beans between four plates or shallow bowls. Add 2 tablespoons of wine to the pan, swirling it around and scraping the pan with a rubber spatula to dissolve any stickiness on the bottom of the skillet. Transfer to liquid to the dishes with the green beans; cover set aside.

2. Season the halibut on both sides with salt and pepper. In the same skillet, heat the remaining 4 teaspoons of oil over medium-high heat. Cook the fish for about 3 minutes, until lightly browned. Flip the fish, reduce the heat to medium, and cook about 4 minutes longer, until the fish is opaque in the center and browned on both sides. Put the fish over the green beans in the bowl; cover again.

3. Remove the pan from the heat and add the remaining 4 tablespoons wine and the lemon juice to the pan. Deglaze the pan by scraping up any browned bits with a rubber spatula. Stir in the butter. Add the scallions, capers, and tomatoes. Season with salt and pepper if necessary, and pour over the fish in the bowls. Serve immediately.