

RECIPES

"Brought to you by the Chefs at Cancer Treatment Centers of America"

Halibut with Steamed Spinach and Portobello Mushroom Vinaigrette

Number of Servings

4

Portobello Mushroom Vinaigrette

Ingredients

¼ cup extra-virgin olive oil

1 pound portobello mushrooms, stemmed and cut into thick slices

1 cup white chicken stock

1 tablespoon aged sherry vinegar

1 tablespoon aged balsamic vinegar

1 tablespoon finely minced shallot

1/4 teaspoon finely minced garlic

Coarse salt and freshly ground white pepper to taste

Method

1. In a sauté pan, heat 1 tablespoon of the oil over medium-high heat until very hot but not smoking. Add the mushrooms and cook for about 5 minutes, until slightly softened. Add the stock, reduce the heat to medium, and braise the mushrooms about 5 minutes longer, until softened but still holding their shape. Using a slotted spoon or spatula, remove the mushroom slices and set them aside, covered to keep warm.
2. Measure the liquid in the pan. You should have 6 tablespoons. If you have more, reduce the liquid over high heat until it measures 6 tablespoons. Set aside to cool to room temperature.
3. Stir in the remaining olive oil, the sherry vinegar, balsamic vinegar, shallot, and garlic. Season to taste with salt and pepper. Reserve.

Steamed Spinach

Ingredients

2 cups water

2 tablespoons unsalted butter

1 ½ pounds fresh spinach, washed and stemmed

Coarse salt and freshly ground white pepper to taste

Method

1. In a large saucepan, bring the water and butter to a boil over high heat. Add the spinach and season with salt and pepper. Cook, stirring, for 2 to 3 minutes, or until the spinach wilts. Drain well. Return the spinach to the saucepan and set aside, covered, to keep warm.

Halibut and Assembly

Ingredients

2 tablespoons extra-virgin olive oil

4 halibut fillets, each weighing about 6 ounces and cut about 1 ¼ inches thick

Coarse salt and freshly ground white pepper to taste

Fresh chervil sprigs, for garnish

Method

1. In a large sauté pan, heat the oil over medium-high heat until very hot but not smoking. Season the halibut on both sides with salt and pepper. Cook for about 4 minutes, until golden brown. Turn and cook about 3 minutes longer, just until the fish is opaque in the center.
2. Mound the spinach in 4 oversized bowls. Set a halibut fillet on top of the spinach. Garnish with sliced mushrooms and 2 to 3 tablespoons of the warm vinaigrette. Garnish with the chervil sprigs and serve immediately.