



Fresh. Simple. Sustainable.

### **Pan-Seared Halibut with Tomato Vinaigrette**

**Chef Shawn McClain of Green Zebra, Chicago/Food and Wine**

1 ½ pounds heirloom tomatoes, coarsely chopped and juices reserved  
2 tablespoons minced shallots  
1 garlic clove, minced  
1 tablespoon white balsamic vinegar  
1 tablespoon snipped chives  
1 tablespoon chopped flat-leaf parsley  
3 tablespoons extra-virgin olive oil  
1 teaspoon ground fennel seeds  
Salt and freshly ground pepper  
Four 6-ounce skinless halibut fillets  
1 tablespoon unsalted butter

In a medium bowl, combine the tomatoes and their juices with the shallots, garlic, vinegar, chives, parsley, 2 tablespoons of the olive oil and ¼ teaspoon of the ground fennel. Season with salt and pepper.

In a small bowl, mix the remaining ¾ teaspoon of ground fennel with ½ teaspoon each of salt and pepper. Sprinkle the mixture all over the fish. In a medium nonstick skillet, heat the remaining 1 tablespoon of olive oil until shimmering. Add the halibut and cook over moderately high heat until browned on the bottom, about 5 minutes. Flip the fillets and add the butter to the skillet; spoon the butter over the fillets as they cook, about 2 minutes longer.

Transfer the halibut to plates, spoon the tomato vinaigrette on top and serve.

Serves 4