

Blackberry Fields Forever Halibut



Serves one – multiply for more servings

Ingredients

8 oz. Wild Alaska Halibut fillet (Also can be made with Wild Alaska Salmon fillet)

1 Tbsp extra virgin olive oil

Large pinch of Duke's Ready Anytime Seasoning

1 Tbsp fresh organic basil leaves, stems removed, diced small

12 fresh or frozen blackberries

2 Tbsp Amaretto

¼ cup butter

Directions:

- Fillet Halibut using the deep-skin method, which is to remove the gray matter along with the skin. If you are buying from your local fishmonger, ask them to do it. Remove bones with a needle nose pliers or special deboning tool.
- Sprinkle Halibut with Duke's Ready Anytime Seasoning and pan-sear in olive oil on both sides until almost done (approximately 7 minutes).
- Add basil and blackberries (thaw before if frozen) and cook for 20 seconds; then deglaze with Amaretto. After another 30 second, remove from heat (too much heat will separate the sauce), and swirl in butter until just incorporated.
- Serve Halibut with blackberries spoon over the top. Pour remaining blackberry pan juices into a small bowl and serve on the side.

Tips:

Sustainable only please: Try to find Wild Alaska Halibut or Salmon in your frozen food aisle. Yes, frozen. Fish frozen within 48 hours of catch has a fresher flavor than "fresh" fish that may be older than you think. If you have a fishmonger you trust, buy all means purchase from them.

Deglazing, Demystified by Chef "Wild" Bill Ranniger. The deglazing process is a cooking technique that removes sediment left over from cooking an item. It lifts the remaining sauce in the pan and releases the flavor. It makes sauces or stocks taste more robust and it can become the base for other sauces or broths. At Duke's Seafood, we use fish stock, liqueur, or wine. These last two will cause a flame so be

careful. To deglaze, first drain excess fat from the sauté' pan. Then, stand back – here comes the flame when you add your deglazing liquid. Then, swirl for ten seconds.

To learn more about Duke's Seafood or enjoy the full collection of recipes by purchasing Duke's Seafood's cookbook, "***As Wild As it Gets; Duke's Secret Sustainable Seafood Recipes***" visit us at www.dukeseafood.com.

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