

PAN SAUTÉED HALIBUT WITH CURRIED CORN AND TOMATO CHUTNEY

Yield: Makes 4 servings

INGREDIENTS

CURRY POWDER:

2 tablespoons ancho chili powder
1 teaspoon cayenne 1 tablespoon ground cumin seed
2 tablespoons ground coriander seed
1 tablespoon ground fenugreek seed
2 teaspoons ground cardamom seed
1 tablespoon turmeric
2 teaspoons ground ginger
1 tablespoon ground black peppercorns
1 teaspoon ground cloves

In a bowl combine all curry powder ingredients.

TOMATO CHUTNEY:

6 plum tomatoes, peeled and diced
1/2 cup chopped yellow onions
2 cloves garlic, finely chopped
2 tablespoons light brown sugar
1/4 cup white wine vinegar
1/4 cup golden raisins

SALT CURRIED CORN SAUCE:

2 tablespoons unsalted butter
1/2 cup chopped red onion
1 green apple, peeled, cored and diced
1 tablespoons minced garlic
3 tablespoons curry powder
4 cups fish stock
1 cup frozen corn kernels, thawed
1 cup heavy cream
salt and freshly ground pepper

PREPARATION

Heat butter in a medium saucepan over medium heat. Add onions and green apples and cook until soft. Add garlic and cook for 1 minute. Add curry powder and cook for 5 minutes. Add stock, bring to a boil, reduce heat and simmer for 1 hour. Strain stock into a clean medium saucepan. Add the corn to the stock and cook for 30 minutes, covered. Place the cream in a small saucepan and cook until reduced by half. Add the reduced cream to the stock and simmer, covered for 10 minutes. Season with salt and pepper.

Heat a large sauté pan or grill pan on high heat. Brush halibut with the oil and season with salt and pepper to taste. Cook the halibut for 3 minutes on each side. Serve with corn sauce and tomato chutney.

