

Pan Seared Halibut Stew with Lobster Saffron Broth

Also Known As

Course	Yield	Type of Food	Main Ingredient
Stew	4 servings	Fish	Fish

Comments

Recipe from Culinary Sol cooking class, "Sensational Seafood" with Chef Mark Bowers.

Prep Time 20 minutes **Cooking Time** **Ethnic Origin** American

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

Pre-Heat? <input type="checkbox"/> Yes		Temperature	Grease Pan? <input type="checkbox"/> Yes	
Measure	Ingredient		Measure	Ingredient
4	6 oz			Lobster saffron broth
1	tsp.		2	cups
	Cajun seasoning			water
.25	cup		2	cups
	olive oil			lobster stock
.25	cup		1	Tbs.
	shitake mushrooms, sliced thin			saffron
4			1	Tbs.
	plum tomatoes, seeded and diced			kosher salt
1			1	tsp.
	yellow pepper, roasted and chopped			black pepper
4	Tbs.		1	tsp.
	fresh basil, julienned			Cajun seasoning
4	Tbs.			
	green onion, sliced thin			
.5	cup			Garnish
	cannellini beans, precooked			fresh chives, chopped
.25	cup			
	green beans			
.25	cup			
	yellow wax beans			
.25	cup			
	asparagus			

Instructions

Lobster Saffron Broth

This must be prepared first.

Combine all ingredients in a bowl. Mix well. Refrigerate until ready to use.

Main recipe

Season halibut lightly with Cajun seasoning.

Heat olive oil in a large sauté pan: add halibut and cook for 2 minutes. Stir in mushrooms, tomatoes, pepper, basil, onion, beans and asparagus and sauté for 2 minutes.

Pour in saffron broth and cook for 4-5 minutes.

Remove halibut from pan and place in serving bowls. Ladle saffron broth and vegetable over halibut.

Garnish with chopped chives