



# Halibut with Mango Buerre Blanc

Yield: Four Portions

1 3/4 lbs. halibut fillet, boneless & skinless, cut into 4 equal portions

Clam Fry for breading as needed

6 Tablespoons soybean oil, for pan-frying

1 Tablespoon shallots, pureed

1 cup white wine

1/4 cup white wine vinegar

3/4 cup heavy cream

3/4 lb. butter, unsalted, cold, cut into chips, salt & pepper to taste

1 cup mango pulp, very ripe and pureed

Method:

1. Heat the oil to just below smoking.

2. Dredge the halibut in the breading, shake off excess and brown on both sides.

3. Remove the halibut fillets and place them in an oven proof casserole and bake in pre-heated oven at 300 degrees until just cooked through, about 2 minutes.

4. Meanwhile, in a small pot, reduce shallots, wine and wine vinegar to 2 Tablespoons.

5. Add the cream and reduce that until it coats the back of a spoon.

6. Reduce the heat to low and whisk in the butter a little at a time.

7. Season with salt and pepper.

8. Heat the mango puree just a little and add to the butter sauce.

9. To serve, spoon some sauce onto plates and then place the fish on the sauce.

Notes: Save a small amount of the butter sauce before you add the mango puree, then paint a little white sauce on top of the yellow sauce.

Also, for a variation, place some wilted spinach onto the sauce before the fish and then place the fish on top of the spinach.