



Ingredients

For the fish:

- ✓ Halibut filets – We use three pounds for four people
- ✓ 1 Tablespoon Olive Oil (more as needed)
- ✓ 1 Tablespoon Butter (more as needed)
- ✓ 3/4 Cup All Purpose Flour (Chef's note – GF works fine)
- ✓ 1/2 Teaspoon Salt
- ✓ 1/2 Teaspoon Onion Powder
- ✓ 1/2 Teaspoon Garlic Powder
- ✓ 1/4 Teaspoon Paprika
- ✓ 1/4 Teaspoon Black Pepper
- ✓ 3 Eggs, beaten

For the sauce:

- ✓ 12 Tablespoons Butter
- ✓ 3/4 Cup White Wine
- ✓ 3/4 Cup Water
- ✓ 3/8 Cup Lemon Juice
- ✓ 2 Teaspoons Fresh or Dried Parsley

Halibut Française

A favorite from a now defunct Italian restaurant in Florida we used to go to, I've never been able to find a recipe that recreated the salty, umami goodness of a fish done française. Imagine my delight at discovering **this magnificent one** – that seemed like it might fit the bill. And boy, does it. Easy to make, and delicious to eat, it's become my Friday night staple! Leave it to the fishermen to have the best recipes... And in case it looks like a lot, this can easily be halved or quartered for a single filet...

As with all halibut recipes, pay close attention to the fish when cooking. Halibut cooks quickly so be careful not to overcook it.

Directions for Fish

1. In a large skillet, heat the olive oil and one tablespoon of butter over medium heat.
2. Cut the thickest pieces of halibut in half (i.e. cut a 1" thick piece of halibut into two half inch thick pieces) so all the pieces are of an even thickness. Use paper towels to dry pieces.
3. Place the flour and all the seasonings in a plastic bag and shake to blend. (Reserve three tablespoons of the flour mixture for the sauce.) Put the beaten eggs in a shallow dish.
4. When the skillet is good and hot, put the halibut fillets in the bag one at a time and then dip in the egg. Coat them completely with the egg and place in skillet. The egg should sizzle immediately. If it doesn't, the oil needs to be heated more.
5. Pan fry over medium heat until browned on both sides. Halibut cooks fast so this should only take about 3 to 4 minutes per side. Add extra butter, if needed. As each fillet is cooked, remove it from the skillet and keep it warm.

(Continued below)

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com/Recipes. Want a wine to go with your recipe? Check out J.T.'s wine blog at TheWineVixen.com.



Ingredients

For the sauce:

- ✓ 12 Tablespoons Butter
- ✓ 3/4 Cup White Wine
- ✓ 3/4 Cup Water
- ✓ 3/8 Cup Lemon Juice
- ✓ 2 Teaspoons Fresh or Dried Parsley

Directions for Sauce

1. Discard any oil left in skillet and add the butter. Add one tablespoon of the reserved flour mixture at a time for consistency and whisk until smooth. If the sauce is thick enough after one tablespoon, you can stop there.
2. Add the rest of the sauce ingredients, stirring constantly until well blended. Bring to boil and cook five minutes, stirring frequently.
3. If the sauce thickens too much, add additional water — just one teaspoon at a time — until you achieve the desired consistency.
4. We do not pour sauce over fish until the serving is placed on individual plates and ready to eat. Keep the sauce hot (on the stove on low or in a small crock pot on table) and pour over fish when serving.

Note: Refrigerate or freeze any leftover sauce in an airtight container.

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com/Recipes. Want a wine to go with your recipe? Check out J.T.'s wine blog at TheWineVixen.com.