

Alaskan Halibut Medallions

with Fava Beans, Ramp Coulis

Serves 4

4 ea. Halibut medallions (about 4 oz. for a light course, 7 for a full course)

Olive oil

Soft whole butter

1 # Cleaned fava beans (about 2-3 # in the husk)

2 oz. white wine

2-3 sprigs of tarragon

Little bit of very nice, sweet olive oil

Salt and pepper

Ramp Coulis (See below)

1. Prepare Ramp Coulis first.
2. Lightly season fish with salt and pepper.
3. Place skillet over medium-high heat. Oil skillet well. Place halibut in skillet, giving the skillet a gentle shake.
4. Allow fish to brown. When nicely colored, turn and finish second side.
5. When fish is cooked, remove from pan. Turn down heat a little.
6. Add a tablespoon or so of whole butter and the fava beans and wine and cook to nearly dry with stirring. Stir in tarragon and a shot of olive oil. Adjust seasoning.
7. Place pool of Ramp Coulis on plate. Place halibut portion in pool of sauce. Spoon favas and liquid atop fish. Sprinkle a fava or two around the plate.

Ramp Coulis

1/4 # Cleaned ramps, leaves and bases separated

1 ea. Shallot roughly chopped

1 Tbs. Butter

1 C. Heavy cream

Tiniest grate of nutmeg

Salt and pepper

1. Finely chop ramp bases. Sweat in butter with shallots until soft.
2. Add cream and nutmeg. Bring to a simmer.
3. Finely chop ramp leaves.
4. Place cream mixture in a blender. Puree. Use caution when pureeing hot liquids in a blender! Cover with lid and towel and pulse quickly!!!
5. Add ramp leaves. Puree well.
6. Strain, adjust seasonings, and keep warm.