

Halibut Sous Vide



...with green beans and butternut squash spirals

Serves 4

INGREDIENTS

- 4 (6 oz/180 g each) halibut fillets
- 1 stick (4 oz/113 g) unsalted butter
- Salt, to taste
- 2 teaspoons roasted, minced garlic
- 4 sprigs chives
- 1 lemon, for zest
- 4 sprigs watercress, for garnish

For the sides

- 8 ounces fresh green beans, washed and trimmed
- 1/2 butternut squash, spiralized or cut julienne
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon salt, or to taste

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- 1/4 teaspoon garlic powder
- 2 sprigs fresh thyme, stripped for leaves
- 1 teaspoon dried basil

DIRECTIONS

1. Fill and preheat the SousVide Supreme water oven to 132°F (55.5C).
2. Season the halibut fillets on both sides with salt.
3. Put the fillets, two to a pouch, into small (1 quart/0.9 liter) cooking pouches, along with the butter, garlic, chives, and zest and vacuum seal.
4. Submerge the pouches in the water oven and cook for 20 minutes.
5. Meanwhile, on the stovetop make the sides.
6. Divide the beans among four plates, top with a halibut fillet and add a nest of squash strands atop the fish.
7. Garnish each with a sprig of watercress and serve

To make the sides

1. Put the beans in a large skillet on the stove top. Put the squash into a second skillet.
2. Add about 1/4 cup water to each skillet and bring the water to boil; cover and cook for 3 minutes. Remove skillets from heat and add half the butter and seasonings to each pan, tossing to combine.