



MISSION HILL
FAMILY ESTATE

PINK PEPPERCORN & ORANGE TARRAGON HALIBUT WITH PARSLEY TAPENADE RISOTTO & TOMATO VIERGE

Yield: 6 portions

INGREDIENTS

6 skin on halibut, 120 gram portions
50 gr butter
½ orange, juiced and zest
10ml pink peppercorn, finely ground
2 sprigs tarragon

METHOD

Preheat the oven to 250°F. Place the fish portions on a parchment lined sheet tray and season with salt. Refrigerate. Combine butter, zest, tarragon, and ground pepper in a small sauce pan over medium heat. Allow the butter to bubble and sizzle, but not brown, for a minute or two or until very aromatic. Remove from the heat and add orange juice. Transfer to a small container and let the mixture cool until it is just slightly warm. Generously brush the butter on top of the halibut portions. Place in oven and bake for 10-15 minutes or until slightly firm and the fish just barely begins to flake.

PARSLEY TAPENADE RISOTTO

60gr green olive tapenade
1 bunch parsley, chopped fine
150ml arborio rice
50ml white wine
50ml white onion, minced
25ml olive oil
25ml butter
25ml mascarpone
500ml chicken or vegetable stock, warmed

METHOD

Combine onion and olive oil in a medium size sauce pot on medium heat. Season with salt and pepper and cook until onions are soft, translucent, but not browned. Add in the rice and continue to sauté for about 2-3 minutes or until the rice is lightly coated with the oil and aromatic. Now deglaze with your wine stirring constantly. Once the majority of the wine has evaporated, start to add in stock about 100 ml at a time. Stir periodically and continue to add more hot stock in as the rice absorbs it. This process will take about 15-18 minutes. Once the rice has become tender but still has some bite, remove it from the heat and add in the butter, mascarpone, tapenade, and parsley. Serve immediately with baked halibut and vierge.

TOMATO VIERGE

3 ripe tomatoes, blanched and peeled
1 shallot, minced
1 lemon, juiced
60ml olive oil
1 clove garlic, smashed

METHOD

Cut the blanched and peeled tomatoes in half. Using a spoon, remove all the seeds and juice from inside the tomato halves and reserve it. Dice the tomato and transfer to a small mixing bowl and add shallot, season with salt, pepper, and lemon juice. In a small sauce pan, warm the olive oil and smashed garlic until very aromatic, but not browned. Add in the tomato pulp and seeds that were reserved from earlier and bring to a simmer. Turn off the heat and allow the mixture to cool slightly before straining it into the diced tomato mixture. Reserve at room temp until ready to finish the dish.

TO SERVE

Spoon a serving of risotto onto a warmed plate. Place a portion of halibut on top and spoon tomato vierge over the fish to taste. Enjoy!

To follow along with Executive Chef, Patrick Gayler, visit

MISSIONHILLWINERY.COM/DINNERSERIES