

**Recipe Name    Sous Vide Halibut with Minty Pea Puree****Ingredients:****Pea Puree:**

12 oz. bag of frozen peas, thawed (if fresh are in season, blanch before pureeing)

1/2 cup fresh mint leaves

2 Tablespoons fresh lemon juice (1/2 a lemon)

2 cloves garlic

kosher salt & pepper to taste

**Halibut:**

2 lbs. halibut, cut into 4 pieces

1 Tbsp. lemon zest, packed (1 lemon)

2 Tbsp. fresh Thyme, divided

kosher salt & pepper

3 Tbsp. Butter, dairy or vegan (Miyoko's is my favorite)

**Directions:**

1. Prep Halibut for sous vide by sprinkling each piece with salt, pepper, lemon zest and a total of 1 Tbsp. thyme. Place a teaspoon of butter on top of each and seal into bag.
2. Sous vide at 120 degrees for 30 min. for 1 inch thick or 45 min. for 2 inch thick fish
3. While fish is in the sous vide, make the pea puree. Place all ingredients into blender except salt and pepper, blend until desired consistency. I prefer it not perfectly smooth.
4. Salt and pepper to taste.
5. Once fish is finished cooking, gently remove fish from bag, lightly pat with paper towel to dry fish. Lightly salt and pepper again.
6. Heat stainless steel skillet over medium high heat. Once hot, add 2 Tablespoons butter to pan, let melt, then add fish herb side down.



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7. Cook without disturbing for about 2 minutes, basting gently with the butter.
8. Gently remove fish from pan and plate on top of the pea puree with browned herbs facing up.
9. Sprinkle fish with remaining thyme before serving.