



APRIL 2021

# SEARED HALIBUT WITH CRISPY HERBED SUN CHOKES, CHARRED CORN & ROASTED MUSHROOM RISOTTO

RECIPE BY CHEF NICK KUBITZ | PAIRING MERRILL CHARDONNAY | SERVES 4

## INGREDIENTS

### Crispy Herbed Sun Chokes

- 2 Tbsp Italian Parsley (Picked & Fine Chopped)
- 2 Tbsp Chive (Fine Chopped)
- 8 Sun Chokes (Scrubbed, Shaved Thin On A Mandolin & Soaked In Cold Water)
- 1 Lemon (Zest)
- 1 Quart Canola Oil (For Frying Sun Chokes)
- Fresh Cracked White Pepper (To Taste)
- Kosher Salt (To Taste)

### Charred Corn & Mushroom Risotto

- 3 Ears Corn (Shucked & Cleaned)
- 3 Cups Oyster Mushrooms (Broken Down & Cleaned)
- 2 Tsp Shallot (Finely Chopped)
- 1 Tsp Fresh Thyme (Picked & Finely Chopped)
- 1 Clove Garlic (Minced)
- 1 Lemon (Zest)
- 1 Cup Arborio Rice
- 7 Cups Chicken Stock
- 1/2 Cup White Wine
- 1/2 Cup Parmesan Cheese (Grated)
- 2 Tbsp Unsalted Butter
- 1 Tbsp Extra Virgin Olive Oil (Plus Extra To Drizzle Over Corn To Char)
- Fresh Cracked White Pepper (To Taste)
- Kosher Salt (To Taste)

## INSTRUCTIONS

### Crispy Herbed Sun Chokes

Put canola oil in a sauce pan with tall enough walls so oil does not boil over when frying. Turn the pan on medium-high heat until the oil reaches 325 degrees. While the oil is heating up, drain the sun chokes on paper towels. Also make a landing station of a plate lined with paper towels. Add the sun chokes to the oil and fry until crispy like potato chips. Pull the sun choke chips from the oil and put them on the landing station to drain. Sprinkle the chips with kosher salt to season. While the fish is cooking in the oven, mix the sun choke chips with parsley, chive, lemon zest and a little fresh cracked white pepper in a large bowl. Set aside for plating.

### Charred Corn & Mushroom Risotto

Either turn the BBQ or oven broiler on high. Drizzle the corn with olive oil and season it with kosher salt and white pepper. Grill or broil the corn until charred and browned all over. Cut the corn off the cob and set aside.

Put chicken stock in a sauce pan and bring it to a simmer. In a large sauce pan on medium-high heat add the olive oil and butter. Once the butter is melted, add the oyster mushrooms, thyme, shallot and white pepper. Sauté until the mushrooms are tender, about 5-8 minutes. Add charred corn and garlic to the mushroom mixture. Sauté for another couple of minutes, stirring constantly so the garlic does not burn. Add arborio rice and sauté to toast rice for about 5 minutes. Stir in white wine until evaporated. Slowly ladle in the simmering chicken stock a little at a time stirring constantly. Continue this process until rice is creamy and tender. Stir in grated parmesan cheese and the zest from 1 lemon to finish. Set aside on a low burner to keep warm.

(See reverse side for additional ingredients and instructions.)



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## INGREDIENTS

### Seared Halibut

- 4 6-8 Oz Halibut Steaks
- 1/2 Tsp Fresh Cracked White Pepper
- 1 Tbsp Kosher Salt
- 2 Tbsp Extra Virgin Olive Oil  
(Plus Extra To Drizzle Over When Plating)

## INSTRUCTIONS

### Seared Halibut

Preheat the oven to 400 degrees.

Place a large oven safe sauté pan on high heat. Once hot, drizzle the pan in olive oil and add seasoned halibut. Hard sear the halibut until browned and crisped on both sides. This should take about 2 minutes per a side. Put the fish in the preheated oven and cook until just cooked through. Another 4-8 minutes depending on the fish thickness. Prepare to plate the dish.

### Plating

Evenly distribute the risotto onto four plates. Top risotto with the seared halibut and drizzle with a little extra virgin olive oil. Finish the plate by topping the halibut with herbed sun chokes and enjoy with LangeTwins Merrill Chardonnay!