

Halibut Braised in Red Wine

by Good Housekeeping

Triple-tested at the Good Housekeeping Institute

Red wine does go with fish! Here the slight acidity of the wine accents the mild flavor of the halibut. Other tasty fish options include salmon and monkfish.

INGREDIENTS

2 tablespoon(s)	butter or margarine
1/2 cup(s) (3 large)	finely chopped shallots
1 clove(s)	garlic (finely chopped)
1	carrot (peeled and thinly sliced)
2 cup(s)	dry red wine
3/4 cup(s)	chicken broth
1/2 teaspoon(s)	salt
1/4 teaspoon(s)	dried thyme
4	skinless and boneless halibut steaks (1-inch thick)
2 tablespoon(s)	chopped fresh parsley

DIRECTIONS

1) In nonstick 12-inch skillet, melt 1 tablespoon butter over low heat. Add shallots and garlic and cook, stirring occasionally, until shallots are tender, about 4 minutes. Add carrot and cook 4 minutes longer. Add wine and heat to boiling over high heat; boil 2 minutes. Add broth, salt, and thyme. Slip in halibut and reduce heat to low. Cover and cook until fish is just opaque throughout, about 8 minutes. With slotted spatula, transfer fish to platter and keep warm.

2) Increase heat to high and boil wine mixture until it has reduced by half, 7 to 10 minutes. Remove from heat and swirl in remaining 1 tablespoon butter until melted. Strain sauce through fine-mesh sieve. To serve, spoon sauce over fish and sprinkle with parsley. Makes 4 main-dish servings.

Nutritional Information is based on one serving.



Illustration by Michael Toland

COOKING INFO

Serves	-
Yield	Makes 4 main-dish serv
Prep Time	10 mins
Cook Time	30 mins
Total Time	40 mins
Oven Temp	-

NUTRITIONAL INFORMATION

Calories	277
Total Fat	10
Saturated Fat	4
Cholesterol	70
Sodium	643
Total Carbohydrate	8
Dietary Fiber	-
Sugars	-
Protein	37
Calcium	-