

Pan-Seared Halibut with Brussels Sprouts, Leeks, and Bacon

Recipe 298 of 365

This is my idea of a 30-minute meal: no theme, no tricks. Just a few good ingredients, cooked with care and a splash of vinegar, with time to enjoy a glass of wine while you're at the stove.

TIME: 35 minutes, start to finish

MAKES: 2 servings, with extra sprouts

2 thick slices bacon, diced

1 small leek, halved lengthwise and cut into 3/4" pieces

3/4 pound Brussels sprouts, trimmed and halved

Salt and freshly ground pepper

2 halibut fillets (about 3/4 pound, approximately 1" thick)

2 tablespoons sherry vinegar

2 teaspoons olive oil

Preheat the oven to 400 degrees.

Place the bacon in a baking dish large enough to hold the sprouts in a single layer, and roast 10 minutes, stirring halfway through. Add the leeks and Brussels sprouts, season with salt and pepper, stir to blend, and return to the oven for 10 more minutes (or just 5 minutes, if you find small sprouts).

Preheat a large skillet over medium-high heat. Season the halibut with salt and pepper. Add the sherry vinegar to the Brussels sprouts, and return to oven while you cook the halibut. Add the oil to the hot skillet, and swirl to coat the pan. Add the halibut, and cook for 4 to 5 minutes, until the halibut is nicely seared on the bottom side. Transfer the halibut to the pan with the Brussels sprouts, seared side-up, and roast until cooked through, another 4 to 5 minutes. Serve hot.

*Note: there's no reason you can't finish cooking the halibut in the pan on the stove, and just serve it with the sprouts. This recipe is just exactly what I did. Also, you could make a quick pan sauce with some white wine . . .