

# SeaFood Charlie Recipe

## Pan-Seared Marinated Halibut Fillets

### Ingredients

- Olive oil — I like to use olive oil but you can use another oil such as avocado oil if you prefer.
- Halibut fish — Try to find a high-quality halibut. If buying fresh, check for white, glossy flesh. Fresh halibut should also not smell fishy. For frozen fillets, check to make sure that there aren't any dried-out edges.
- Seasoning: I use garlic powder, onion powder, paprika, salt, and pepper to season my halibut. For extra heat, add red pepper.
- Butter — Make sure to use unsalted butter as we are already seasoning with salt.
- Garlic cloves — Minced the garlic finely.
- Fresh rosemary — Chop some fresh rosemary for garnish. If you don't have fresh rosemary, you can use other fresh herbs like parsley, cilantro or dill.
- Lemon juice – it's optional but I love to squeeze a little bit of fresh lemon juice on top of my fish. It adds more flavor. If you prefer, you can also add lime juice instead.
- In a large skillet heat olive oil over medium-high heat.
- Pat halibut fish dry with a paper towel and season both sides of the fish with garlic powder, onion powder, paprika, and salt and pepper.

Tip: If your fish was in the fridge, let your fish come to room temperature for about 15 minutes before cooking.

### Sear the Halibut

- Place the halibut fillets in a large cast-iron skillet and turn the heat to medium heat.
- Sear the halibut for 3-4 minutes.
- Flip your halibut fillets over to cook the other side.
- Set aside once the fish is cooked.

### Make the Garlic Butter Sauce

- Reduce the heat to low and add butter to the skillet.
- When it melts, add garlic. Cook for about 30 seconds or 1 minute. Keep a close eye on the garlic as you don't want it to burn.
- Add the halibut back to the pan and spoon the sauce over the fillets. You might have to tilt the pan a bit. Garnish with fresh rosemary or fresh parsley. You can also garnish it with lemon zest.

### Tips

- Always make sure the halibut fillets are dry before seasoning and cooking. This helps the seasoning stick better and it also helps the fish sear better. If there is moisture, the halibut fish will steam more than it'll sear.
- For the best results, try to pick halibut fish fillets that are similar in size. This way, you don't have to worry about your small fillet overcooking as you check on your larger ones.
- Halibut can dry out very quickly so make sure to not overcook!
- Make sure to take the halibut out of the pan immediately once it's finished cooking. You don't want the residual heat from the pan to continue to cook the fish as you grab the ingredients to make the garlic butter sauce. Overcooked halibut will taste rubbery.
- If you're not sure that your halibut fish is cooked through, check the internal temperature. Cooked halibut should be 118F.
- If you don't have halibut fish or don't like it, you can replace it for cod fish.