

Chef Bob Burns

From August/September 2014 *Fore*

I'm excited to welcome ACC's new Executive Sous Chef Eva Barrios, who comes to ACC from the Sous Chef position at the Houston Country Club. She's been helping to create some delicious presentations, such as this light and nutritious entrée, Steamed Halibut with Tomato Broth, which has been one of our popular Nutritional Features.

Steamed Halibut with Tomato Broth

Serves 4

Ingredients

3 cups seafood fumet (stock)	1 large red tomato, diced
2 ounces button mushrooms, sliced	1 lemon, juiced and zested
1 small leek, white part only, sliced	4 each – 4-ounce halibut filets
¼ fennel bulb, sliced	8 small yellow squash pieces, tourne cut (rounded shape)
2 tablespoons tomato paste	8 small zucchini squash pieces, tourne cut (rounded shape)
Vegetable pan spray	12 cherry tomatoes, peeled
2 sprigs fresh tarragon	
2 sprigs fresh basil	

Garnish:

12 each orange, lime, and lemon segments
Citrus coriander blossoms or cilantro leaves
3 maitake mushrooms, thinly sliced

Method

Spray a quart sauce pan with the vegetable spray, coating the bottom of the pan. Add the button mushrooms, leeks, and fennel and sweat at low heat for 8 minutes. Add the tomato paste and combine well with vegetables. Cook an additional 8 minutes. Add the red tomato, tarragon, basil, and stock. Let simmer for 10 minutes.

Add the lemon juice and zest and cook for another 10 minutes. Season with salt and pepper to taste. Strain broth and keep hot.

Steam yellow squash and zucchini pieces until tender. Keep warm

Steam halibut for 8 to 10 minutes in a covered colander above boiling water. Season with salt and pepper.

For each serving, pour 4 ounces of broth in a wide bowl. Place halibut filet in the middle. Around the filet place 2 steamed squash, 3 cherry tomatoes, and several slices of maitake mushrooms. Place 3 of each citrus segments and 1 sprig of citrus coriander blossom (or cilantro leaves) on top of each filet.

Per Serving: 272 calories; 3 grams fat; 34 grams protein