

# Pan Seared Halibut with a Leek Mustard Sauce

**Category:** Seafood

**Servings:** 2

**Rating:** 10

**Source:** Adapted by Ian Smith

## Description:

We served this with sautéed zucchini and orzo, accompanied by a very good French Chablis. What a treat!

## Ingredients:

Halibut	2- 6 ounce fillets
Salt	to taste
Pepper	to taste
Grainy dijon	1 tablespoon
Peppercorns	1 teaspoon, cracked
Olive oil	2 tablespoons
Leek	one, trimmed and finely sliced
Butter	1 tablespoon
Chardonnay	1/4 cup
Cream	1/4 cup
Lemon juice	1 tablespoon
Lemon zest	1/2 teaspoon

## Instructions:

Season the halibut with salt and pepper and sauté it in one tablespoon of oil over medium heat until it has browned on both sides. Bake in a pre-heated 400° oven until the halibut is cooked but moist, about 5 minutes.

Meanwhile, combine the mustard, peppercorns, and one tablespoon of oil. Heat butter over medium heat and sauté the leek for 2-3 minutes. Add the wine and continue cooking until it has almost evaporated. Then add the mustard mixture and cream and increase the heat, simmering until the sauce has thickened, about 2-3 minutes. It needs to be thickened but still saucy.

Add the lemon juice and zest and season with salt and pepper. Place the sauce on top of the fish and serve.