

# COPIA

## HALIBUT WITH SAFFRON BEURRE BLANC

BY VARINDER SAHI



This is an example of a dish where the sauce does most of the talking. Beurre blanc is a classic French sauce that balances acid and fat to result in a rich and tangy sauce that pairs perfectly with a number of meats and vegetables. In a way, it makes so much sense for Varinder to have an affinity for this sauce. As a winemaker, he is always striving to strike a balance in wine acidity, alcohol, fruit concentration and tannins. When everything is in harmony, we're all well-fed happy campers. A more classic version of beurre blanc uses white wine vinegar and cream with shallots at its base. We like a racy version that uses fresh lemon juice as the acid and rich grass-fed butter as the fat. These ingredients along with a dry white wine and aromatic saffron threads create an emulsification that is both luxurious and flavor-packed. We choose to bathe an oven-roasted halibut in this delicious sauce. Try it and you won't regret it!

- Anita Sahi

MAKES 4 SERVINGS

### INGREDIENTS

- 4, 5-6 oz Halibut Fillets
- 1 T Extra Virgin Olive Oil
- To Taste Sea Salt
- To Taste Five Peppercorn Blend (Ground)
- ¼ c Dry White Wine
- ¼ c Lemon Juice (Freshly Squeezed)
- 2 T Shallots (Finely Chopped)
- 1 c Cold Grass-Fed Butter  
(Cut into Tablespoon-size pieces)
- 3-4 threads Saffron
- To Taste Parsley (Minced)

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### PREPARATION

1. Heat oven to 375 degrees F. Place fish in a nonstick baking dish and brush with olive oil. Season with a little salt and pepper.
2. Bake until just opaque, about 10-12 minutes. You can choose to broil the fish for 1-2 extra minutes at the end for a crispier edge.
3. While your fish is baking, prepare the Saffron Beurre Blanc. In a pan over medium-high heat, bring the lemon juice and wine to a boil. Add shallots. Continue boiling for about 3-5 minutes until the mixture is thickened and reduced by about half. The result should be syrupy.
4. Add salt, pepper and saffron and allow to infuse for 1 minute.
5. Reduce the heat to low and add the butter, a few pieces at a time, allowing each one to melt before adding more. Whisk constantly during this process and lift the pan off the heat periodically to allow the mixture to cool.
6. Remove your sauce from the heat completely. Check salt and pepper. For a smoother sauce, strain the shallots and saffron thread out using a fine mesh sieve. We choose to keep a little rusticity and refrain from straining! It's delicious either way!
7. Plate halibut fillets and cover with Saffron Beurre Blanc. Garnish with fresh parsley and enjoy!

### FEATURED WINES



#### 2018 WHITE

50% Viognier | 50% Grenache Blanc  
Paso Robles AVA

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#### 2018 ROSÉ

68% Grenache | 16% Syrah  
16% Mourvèdre  
Central Coast

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