



# The **ingles** Table

with Desmond Fannin  
PAN SEARED HALIBUT WITH ASIAN CUCUMBER RELISH

## Shopping List

### FOR THE HALIBUT:

- 4 skinless (6oz) halibut filets
- 2 tablespoons of olive oil
- 1 teaspoon of kosher salt
- 1 teaspoon of black ground pepper

### FOR THE ASIAN CUCUMBER RELISH:

- 1/2 cup of peeled, seeded, julienned cucumbers
- 1/2 teaspoon of kosher salt
- 1/4 peeled, julienned daikon radish
- 1/4 cup of peeled, julienned carrot
- 1 tablespoon of fresh lime juice
- 2 teaspoons of fish sauce
- 2 teaspoons of fresh cilantro leaves, minced
- 1 teaspoon of mirin
- 1 teaspoon of red (or Thai) chile, minced

## Cooking Instructions

1. Season both sides of the halibut with salt and pepper and put the filets on a hot non-stick pan.
2. Sear the halibut on both sides.
3. Transfer the filets to the stove for 10-12 mins at 350°
4. Put the cucumber in a colander, add salt and let it drain for 15 mins
5. Mix the radish, carrot, mirin, fish sauce, cilantro, sesame seeds, lime juice, chile and cucumber in a bowl and let it rest for 15 mins
6. Take the halibut out from the stove
7. Place the halibut over an Asian Cucumber Relish's bed

