

Prosciutto Wrapped Halibut

Four 6 oz Halibut Filets (thick cut)

Toss in Canola or Grapeseed Oil, add lemon pepper and mix till evenly covered. Let stand 1/2 hr.

Slice Prosciutto ham very thin, cut pieces in half length ways and overlay strips. Lay Halibut presentation side down and wrap ends around to overlap.

Place wrapped halibut face down in hot skillet with canola or grape seed oil and sear, agitate pan to ensure no sticking occurs. Turn over when golden (approx. 1 minute) and sear other side for 5 seconds, remove from heat, place on baking sheet lined with parchment paper, transfer to hot oven, 375-400 degrees for 3 minutes. Serve immediately.

Serve on seasoned rice pilaf, with chopped fresh cilantro and beurre blanc.



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