



Baked Halibut with Capers and Citrus Fennel Salad

For the halibut:

- 4 whole shallots, peeled and thinly sliced
- 1 tbsp (15 ml) chopped fresh thyme
- 2 tbsp (30 ml) olive oil, divided
- Four 5-ounce (140 g) halibut filets
- ¼ tsp (1 ml) kosher salt
- ¼ tsp (1 ml) freshly ground black pepper
- 1 tbsp (15 ml) capers, rinsed
- 2 tbsp (30 ml) chopped Italian parsley leaves
- 1 tsp (15 ml) dried dill
- 1 tsp (15 ml) fresh lemon juice

Gaggenau Appliances: Combi-steam oven

Heating Mode(s): Convection + 80% Humidity / Broil Level 2 with Humidity

Temperature(s): 300°F / 400°F

Required Accessories: Unperforated Cooking Container

Preparation Time: 30 minutes

Cooking Time: 12 minutes

Using the left control knob, set the oven to the **Convection + 80% Humidity** mode. Using the right control knob, set the oven to preheat to 300°F. Scatter the sliced shallots into the Unperforated Cooking Container, add 1 tbsp olive oil and the thyme and stir to evenly coat shallots. Lay the portioned halibut pieces over the shallots; sprinkle with the salt and pepper and drizzle with the remaining 1 tbsp of olive oil. Scatter the capers over the shallots and slide the container onto the middle rails of the oven. Set the cooking timer for 8 minutes.

After 8 minutes cooking time change the oven heating mode using the left control knob to **Broil Level 2 with Humidity** and using the right control knob, increase the oven temperature to 400°F. Set the cooking timer for 5 minutes to finish cooking the halibut and shallots so they become nicely caramelized. Remove the container from the oven and sprinkle the lemon juice over the halibut portions.

Citrus fennel salad with arugula:

- 2 pink grapefruits, segmented with juices
- ½ bulb fennel, end trimmed and thinly sliced
- One 5 oz (150 g) bag arugula
- 2 tbsp (30 ml) olive oil
- ¼ tsp (1 ml) sea salt
- ¼ tsp (1 ml) freshly ground black pepper

Carefully combine grapefruit segments and juices with the fennel, arugula, olive oil, salt and pepper. Divide mixture among 4 dinner plates and serve the halibut alongside on a bed of the shallots, garnished with the parsley and dill.

Tip: Cooking lean fish such as halibut at a low temperature and high humidity and finishing the cooking with high heat from the broil element, ensures perfectly moist fish with a nice touch of caramelization. This method works well with any firm fleshed fish. Avocado can be added to the grapefruit salad or substituted for the arugula if preferred.