



# SLOW ROAST HALIBUT WITH LEMON GARLIC SAUCE

Heating Mode(s): **Convection**

Temperature(s): **200°F/95°C**

Preparation Time: **5 minutes**

Cooking Time: **Pan Searing 5 minutes, Slow Roasting 11 minutes**

Servings: **2**

Slow roasting halibut is a simple process that creates a wonderful succulent texture in the fish. First the fish is seared on the cooktop to achieve a golden crust, then the pan is placed in a slow oven to finish the cooking. Served with a zesty lemon garlic sauce this dish is simple perfection.

While slow roasting is a simple process, care must be taken with the first step of pan searing. First choose an oven-safe pan and allow the pan to heat completely before adding the fish.

## Ingredients for 2 servings

### For the Halibut

1 ¼ lbs (.55 k) halibut

½ tsp (1.5 g) dried herbs de Provence

2 tbsp (30 ml) olive oil

Splash of white wine

Pinch dried red chilis (optional)

1 tbsp (15ml) olive oil

## Instructions

Select the Convection mode and set the temperature to 200°F/95°C.

Heat an oven-safe skillet over medium high heat, power level 8 Induction and mark 8 gas.

Season the halibut with the herbs de Provence and a sprinkle of kosher salt. When the pan has heated add the oil and carefully lay the fish skin side up in the pan. Allow the fish to cook undisturbed for 3 - 4 minutes until it forms a golden crust and releases easily from the pan. Moving the fish before it is properly seared will cause it to shred.

Remove the pan from the heat, carefully turn the fish and add a small splash of white wine to the pan. Place the pan in the oven and set the timer for 11 minutes. At the end of cooking the fish should be slightly firm to the touch and juicy.

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**For the Lemon Garlic Sauce**

¼ cup olive oil

1 lemon, juiced

2 cloves garlic, minced

1 cup Italian parsley, coarsely chopped

1 tsp dried oregano

Pinch dried red chili flakes

Pinch kosher salt and ground black pepper to taste

To prepare the lemon garlic sauce, simply mix all the ingredients together and adjust the seasoning to your taste.