



# Coconut Milk Poached Halibut with Lime Cilantro Gremolata

SERVING 2

Halibut is such a subtle and delicate fish, poaching is a gentle way of showcasing all of its beauty. While infusing it with complimentary flavours, poaching truly makes the already incredible fish, exquisite. Using coconut milk and olive oil not only ensures this dish is truly pescatarian, it also adds a subtle sweetness to every bite of the fish. The lime brightens and the leek deepens the flavour of the milk, the olive oil adds a lovely herbaceous quality and the ginger a hint of warm spice, rounding out the flavour. This halibut is rich and comforting as it brings a smile with every bite. The gremolata adds a bright freshness to the dish, contrasting the flavours. Serving alongside an off-dry white wine showcases the wine's crisp notes and herbaceous flavours, and truly showcases this delicate and intensely flavoured dish best.

## Tasting notes - 2020 Bacchus

*Our Bacchus has vibrant aromas of white peach, rose petal and passion fruit, with flinty notes and an enticing herbal essence. Look for minerality on the entry, with flavours of peach and tropical fruits followed by crisp citrus notes of Meyer lemon and key lime. This medium-bodied wine has great texture and a long finish.*

## Ingredients

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| 1 large bunch cilantro, leaves and stems | 2 8oz fresh filet of halibut                    |
| 1/3 cup mint leaves                      | 2 Cans (13.5oz each) full fat coconut milk      |
| 1 Lime                                   | 1/4 cup extra virgin olive oil                  |
| 1 shallot                                | 1 small Leek                                    |
| 1/2 cup extra virgin olive oil           | 1 inch knob fresh ginger                        |
| 1 tsp sea salt                           | 1 Lime  |
|  | Sea salt and fresh ground black pepper to taste |

## Directions

Wash the cilantro and mint leaves, and roughly chop. Thinly slice the shallot. Slice the lime in half, juice one half and very thinly slice the other. Add shallot, lime and juice to the bowl of a blender or small food processor. Pour in the olive oil. Blend to create a smooth paste, stopping to scrape down the bowl a few times while blending. Place in a small serving bowl and set aside.

In a pot, just large enough for the filets to fit snugly and deep enough for them to easily be submerged in the poaching liquid, add the coconut milk and olive oil. Place over medium heat and bring to a simmer. Wash the leek and roughly chop, slice the ginger into thin slices and cut the lime into quarters. Place in the aromatics into the coconut milk, reduce heat to medium low, cover and simmer for **15 minutes** to allow the flavours to infuse into the coconut milk. Increase heat to medium high and bring the liquid to a boil. Uncover, reduce the heat to medium low and remove the lime the milk. Carefully place the filets in the liquid

and ensure they are fully submerged. Cover and simmer for **12 to 15 minutes**. The filets should cook slowly in the liquid, it should not boil. Remove the filets with a slotted spoon and place on a serving plate.

Dot the top of the filet with gremolata, season with salt and pepper, and serve immediately.

Store the gremolata in an airtight container for **up to one week**. The fish will store for **up to two days** in the fridge although is best enjoyed the day it's made. The poaching liquid can be kept in the fridge **for a week** or frozen for **up to three months** and used for soup base or again for poaching.



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**Bacchus**

**Vintage:** 2020

**Vineyard:** Kaleden