



## Seared Halibut with Soba Noodle Salad

### Servings: 6

- 2 pounds Halibut (6 filets)
- 1 Tablespoon Hoisin sauce
- 2 Tablespoons lemon juice
- 1 Tablespoon finely minced lemon zest
- 1 Tablespoon white wine
- 1 Tablespoon canola oil
- Freshly ground sea salt and pepper to taste
- 1 teaspoon olive oil
- 6 lemon wedges (for garnish)

### Soba Noodle Salad

- 12 ounces soba noodles or other wholegrain pasta
- ¾ cup buttermilk
- 1½ teaspoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1½ teaspoons fresh lemon zest
- 3 Tablespoons minced chives
- 1 cup watercress
- 1 cucumber, peeled, seeded and julienned
- 1 scallion, sliced thinly
- Freshly ground sea salt and pepper to taste
- Red pepper flakes to taste

Rinse halibut under cold running water and pat dry. Remove any bones. Combine hoisin, lemon juice, lemon zest, white wine and canola oil. Place halibut in a glass dish with just enough room for all filets to lay flat. Pour marinade over halibut, making sure to coat both sides. Cover. Let marinate 30 minutes in the refrigerator. While the fish is marinating, bring a large pot of lightly salted water to a boil. Add soba noodles and cook until al dente. Drain and rinse under cold water.

Mix together, olive oil, lemon juice and zest, chives, and salt and pepper to taste. In a large bowl, gently toss soba with buttermilk mixture. Add watercress, cucumber, scallion and salt, pepper and red pepper flakes. Toss to incorporate. Keep at room temperature if serving or refrigerate until ready to eat.

*To prepare halibut:* Heat a non-stick sauté pan to high heat. Add olive oil and swirl around pan. Add halibut pieces. Sauté just until halibut loses its interior translucency — a little bit of translucency is fine since the fish will continue to cook a bit once removed from the heat. Remove from the pan.

*To serve:* Place one serving of the dressed soba noodles on serving plate. Top with seared Halibut. Squeeze lemon juice over halibut just before serving — or allow guests to make the choice. Enjoy!

### IN YOUR GLASS

*This is one of those great dishes that we have loved trying with both red and white wines. A Shafer Merlot can be a delicious companion as can a Pinot Noir or a white with a medium to full body, such as a favorite Sémillon.*