

## JOHN PLESHETTE'S MEAL OF THE WEEK



### HALIBUT ON RAITA

6 HALIBUT STEAKS (1/2 POUND EACH) AT ROOM TEMPERATURE  
GRAPESEED OIL  
3 LARGE CUCUMBERS  
1 BUNCH OF LARGE RADISHES  
2 CUPS OF WHOLE MILK YOGURT  
1 LEMON  
6 CLOVES OF GARLIC  
FRESH MINT  
FRESH ITALIAN PARSLEY  
FENNEL POLLEN (OPTIONAL)

PEEL THE CUCUMBERS. SLICE LENGTHWISE AND SCRAPE OUT THE SEEDS.

CUT INTO LENGTHS SO THEY CAN BE STACKED SIDEWAYS IN THE FEEDING TUBE OF FOOD PROCESSOR FITTED WITH A SHREDDING DISK. SHRED CUCUMBERS.

TRIM OFF THE ENDS OF THE RADISHES AND SHRED THEM.

DISSOLVE 1/4 CUP OF SALT IN A LARGE BOWL OF WATER. ADD THE SHREDDED CUCUMBERS AND RADISHES AND CHILL FOR AT LEAST AN HOUR.

SQUEEZE THE JUICE OF ONE LEMON IN A MIXING BOWL. GRIND IN A GOOD DEAL OF FRESH PEPPER AND A SMALL AMOUNT OF SALT. WHISK TOGETHER. FOLD IN 2 CUPS OF YOGURT.

FORCE 6 PEELED CLOVES OF GARLIC THROUGH A GARLIC PRESS INTO THE YOGURT MIXTURE.

DRAIN THE CUCUMBERS AND RADISHES IN A COLANDER. A HANDFUL AT A TIME, SQUEEZE OUT AS MUCH MOISTURE AS YOU CAN. SPREAD ON A KITCHEN TOWEL. LAY ANOTHER TOWEL ON TOP AND ROLL UP THE CUCUMBERS AND RADISHES TO DRY THEM FURTHER.

FOLD CUCUMBERS AND RADISHES INTO THE YOGURT. CHOP 8 LEAVES OF FRESH MINT AND A HANDFUL OF PARSLEY. FOLD INTO THE CUCUMBERS.

PRE-HEAT A LARGE FRYING PAN FOR 2 MINUTES.

MEANWHILE, DRY THE HALIBUT BETWEEN SEVERAL LAYERS OF PAPER TOWELS. SEASON WITH SALT AND PEPPER.

POUR A FEW TBSPS OF OIL INTO THE PAN. WHEN IT IS SMOKING, CAREFULLY LAY IN THE HALIBUT. GENTLY SHAKE THE PAN TO MAKE SURE THE FISH DOES NOT STICK. COOK FOR 4 MINUTES ON MEDIUM HEAT.

TURN THE HALIBUT. ADD 4 TBSPS OF BUTTER TO THE PAN. COOK, BASTING WITH THE BUTTER FOR ANOTHER 2-4 MINUTES.

SPREAD A DISK OF RAITA ON EACH PLATE AND PLACE THE FISH ON TOP. SPRINKLE WITH A PINCH OF FENNEL POLLEN.

SERVES 6

WINES OF THE TIMES: DOMAINE L.A.  
SELECTIONS FROM A WINE DINNER AT THE BAZAAR FOR  
ALICE FEIRING'S "NAKED WINE", HOSTED BY JILL BERNHEIMER

2009 FORADORI "FONTANASANTA" NOSIOLA (\$47) IS FERMENTED IN AMPHORA, PROVIDING A CLEAN MINERAL STRUCTURE TO FLAVORS OF PEAR AND CITRUS. IT WAS PAIRED WITH SEARED SQUID AND CIPPOLINI ONIONS. IT WOULD GO EQUALLY WELL WITH HALIBUT.

2009 DONATI CAMILLO MALVASIA FRIZZANTE NATURALE SECCO (\$21) IS A SPARKLER WHICH WAS SERVED WITH OUR APPLE BREAD PUDDING. IT'S GRAPEFRUIT DRYNESS IS OFFSET BY A SLIGHT OXIDIZATION, GIVING THE WINE BOTH FRESHNESS AND DEPTH THAT SHOULD CUT THROUGH THE YOGURT AND CUCUMBERS.