

Chardonnay Halibut with Cherry Tomatoes



Makes:

6 servings

Utensil:

Saladmaster Food Processor

12" Electric Oil Core Skillet

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halibut steaks, fresh or frozen

1 ¹?₃

cups

chardonnay white wine

(320

mL)

1

medium white onion, strung, use Cone #2

4

celery stalks, sliced, use Cone #4

1

tablespoon

snipped parsley

(15

mL)

2

teaspoons

Worcestershire Sauce

(10

mL)

¹?₂

teaspoon

dried basil leaves, crushed

(2.5
mL)

2

cups

cherry tomatoes, halved

(298

g)

Directions:

1. Thaw frozen fish, if needed. Sprinkle with salt and pepper.
2. Place in shallow dish, add $\frac{1}{3}$ cup (80 mL) of wine and let stand for 30 minutes turning once.
3. Preheat electric skillet to 275°F/135°C. Add onion and celery along with a dash or two of wine until tender. Cover to retain moisture and stir occasionally.
4. Stir in parsley, Worcestershire and basil. Cook for 2 minutes.
5. Add fish and 1 cup (240 mL) of wine. Cover and reduce heat to 220°F/104°C and cook 10 - 12 minutes.
6. Add tomatoes. Cover and cook until fish flakes easily when tested with a fork, 3 - 5 minutes.

Nutritional Information per Serving

Calories:

256

Total Fat:

4g

Saturated Fat:

1g

Cholesterol:

54mg

Sodium:

141mg

Total Carbs:

7g

Dietary Fiber:

1g

Sugar:

2g

Protein:

36g