

# Pan Seared Wild Sablefish

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Pan Seared Wild Sablefish With Butternut Squash and Wild Mushrooms

Chef David Hawksworth, HAWKSWORTH Restaurant

- 2 tbsp unsalted butter
- 2 shallots, minced
- 1/4 small butternut squash, peeled and cut into cubes
- 1 garlic clove
- 4 sprigs fresh thyme
- 1 & 1/3 cups chicken stock
- 4 oz wild mushrooms, cleaned and sliced
- 4 tsp extra-virgin olive oil
- 4 – 5 oz Sablefish fillets, skin-on
- 1 tbsp lemon juice
- 12 cherry tomatoes, cut into quarters
- 4 sage leaves, finely chopped
- Sea salt

Serves 4

Melt 1 tbsp butter in a large pan over a low heat. Add the shallots and cook until they are soft but not brown, about 4 to 5 minutes.

Add the butternut squash, garlic and thyme. Cook for 5 minutes, stirring frequently, without browning.

Add the chicken stock and bring to a gentle simmer. Season to taste.

Cook covered until the squash is tender but not falling apart. Remove the garlic and thyme.

In a medium frying pan, melt the remaining 1 tbsp butter over medium-high heat. Add the mushrooms and sauté until soft. Season to taste and add to the squash mixture.

Preheat the oven to 400°F/200°C. Heat the oil in a large nonstick frying pan that can go in the oven. Season the sablefish and place in the pan, skin side up.

Cook without turning for 3 to 4 minutes until the fish is lightly browned around the edges.

Place the frying pan in the oven and cook the fish for 7 to 10 minutes until cooked through.

Re-warm the sauce mixture and add the lemon juice, cherry tomatoes and sage. Spoon into warmed bowls and top with the sablefish. Serve immediately.

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