Recipe for One Skillet Tarragon braised Leeks with Halibut

Total Time 55 Min. Serves 4

Shared by Chris Kaldy

Ingredients

6 Large Leeks about 3lbs

2 TBSP Unsalted Butter

½ TSP Kosher Salt

¼ TSP Black Pepper

Fresh Tarragon 6 Sprigs of the Leaves Only (Chopped)

Uncooked Halibut or any white fish like Pollock, Haddock, Cod or Rock

Cooking Spray

Lemon

Method

1. Using a chef’s knife, prepare leeks by cutting off the dark green leaf tops, trim the bottom above the roots, split in half lengthwise, and thinly slice into half circles. Place the sliced leeks in a large bowl of cold water. Swish leeks around and use your fingers to separate leeks half circles from one another where any soil might hide. Using your hands, transfer leeks to a second bowl and repeat until no more soil goes to the bottom.
2. Pre-heat the oven to 350° F
3. Heat the butter in a large round oven proof casserole dish, about 6-7 quarts, or in a 11-12 inch skillet, over medium heat. Add damp leeks, season with ¼ tsp salt and 1/8 tsp pepper. Cover and cook, stirring occasionally, until leeks are melted and tender. (Do not brown). About 15 minutes. Add tarragon, stir to combine.
4. Season fish with salt and pepper on both sides. Arrange fillets on top of the leeks and lightly coat with cooking spray. Top each fillet with a thin slice of lemon, and place in the over. Cook until fish is firm and cooked through about 12-18 minutes. Garnish with additional tarragon, serve immediately.
5. Serving size 1 piece of fish and 1 cup leek mixture.