

# Osso Buco-Style Halibut and Whipped Potatoes with Herbs

Carolyn T's  
Cookbook

Servings: 6

Source: Adapted from recipe in Bon Appetit Magazine, April 2001



2 tablespoons olive oil  
1/2 medium onion, chopped  
1/2 cup carrot, chopped  
3/4 cup celery, chopped  
2 whole garlic clove, minced  
1 tablespoon tomato paste  
1 cup white wine  
4 cups low sodium chicken broth  
1 cup crushed tomatoes, in puree  
1/2 cup fresh orange juice  
1/3 cup lemongrass, chopped  
1/4 cup low sodium soy sauce  
4 sprigs fresh thyme  
1 whole bay leaf  
2 pounds halibut fillets  
1/2 cup balsamic vinegar  
1 tablespoon unsalted butter  
1 1/2 pounds potatoes, Yukon Gold pref'd  
5 whole garlic cloves  
2/3 cup buttermilk  
1/2 cup mixed herbs, fresh, chopped  
1 whole lemon  
1/4 cup fresh parsley, minced  
3 whole garlic clove, minced

*Serving Ideas: This could be almost a complete meal, but it's also nice served with a few asparagus spears, or steamed broccoli on the side. A lightly dressed green salad is a nice accompaniment.*

Categories: Fish

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 444 Calories; 11g Fat (22.4% calories from fat); 45g Protein; 38g Carbohydrate; 4g Dietary Fiber; 55mg Cholesterol; 961mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 1 1/2 Fat.

*Notes: This recipe appeared in the April 2001 Bon Appetit magazine. I lightened it up just a little bit, although it was a fairly low-calorie and low-fat dish to begin with. Be sure to use the low-salt ingredients mentioned. If you don't have them, don't add any additional salt as the recipe mentions.*

Description: Traditionally made with veal shanks, this is a different twist, and just as flavorful.

**Preparation Time: 1 hour 30 minutes**

Start to Finish Time: 2 hours

1. Heat 1 tablespoon oil in heavy large saucepan over medium-high heat. Add onion, celery, carrot and garlic; sauté until brown, about 10 minutes. Add tomato paste and cook 2 minutes. Add white wine and simmer until liquid is reduced by half, scraping up browned bits, about 5 minutes. Add broth, tomatoes, orange juice, lemongrass, soy sauce, thyme and bay leaf, and simmer until mixture is reduced to 3 cups, about 50 minutes. Discard bay leaf. Season sauce with salt and pepper.

2. Preheat oven to 350°. Sprinkle halibut with salt, pepper and cayenne pepper. Heat remaining 1 tablespoon oil in heavy large skillet over high heat. Add fish to skillet and cook until brown, about 2 minutes per side. Transfer fish to plate. Pour off oil from skillet. Reduce heat to low. Add balsamic vinegar to skillet; simmer 1 minute. Add sauce. Whisk in butter. Season with salt and pepper. Pour sauce into 13x9x2-inch glass baking dish. Place fish atop sauce in dish. Bake until fish is opaque in center, about 10 minutes.

3. Divide potatoes among 6 plates. Top potatoes with fish and sauce. Sprinkle with Gremolata and serve immediately.

4. POTATOES: Cook potatoes and garlic in large saucepan of boiling salted water until tender, about 25 minutes. Drain well. Return potatoes and garlic to pot. Using handheld electric mixer, beat potato mixture at low speed until smooth. Add butter; beat until melted and smooth. Increase speed and whip potatoes just until light and fluffy. Stir in herbs. Season with salt and pepper; serve.

5. GREMOLATA: Using vegetable peeler, remove peel in long strips from lemon. Mince lemon peel. Transfer to small bowl. Mix in parsley and garlic. (Can be made 6 hours ahead. Cover and refrigerate.)