

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Poached Fish with Tangy Gribiche

Gribiche: a funny name, with serious flavor. This version includes a classically non-gribiche ingredient: Minced chiles. Oil-poaching the fish makes it juicy...

Tangy Gribiche:

*1/3 cup diced tomato
3 Tbsp minced shallots
3 Tbsp minced cornichons
2 Tbsp small capers
1-2 Tbsp minced Serrano chiles
1/4 cup extra-virgin olive oil
2 Tbsp sherry or red wine vinegar
juice of 1/2 lemon
1 Tbsp minced parsley
1 tsp minced cilantro
1 scallion, minced, white part only*

Poached Fish:

*4 filets (6-7 oz ea.) halibut (or similar)
kosher salt and lemon pepper
zest of 1 lemon
2/3 cup minced onion
1 Tbsp minced garlic
1 lb baby spinach, washed
4 large eggs, poached*

Mix all ingredients down through lemon juice in a small bowl. Cover and refrigerate overnight. Keep the herbs and scallion in a zip-top bag for later.

One hour before poaching, season fish with salt and lemon pepper; refrigerate. When ready to cook, heat oven to 175-200° F. Place fish in an oven-proof skillet with a lid; skillet should be just large enough that fish don't overlap and there's no extra room. Pour in enough oil to cover fish, then remove fish to plate. Put zest into oil and heat to 125° F; use a thermometer to check! Return fish to skillet, cover and poach in oven for 25 minutes.

Near time to serve, stir herbs and scallion into gribiche; set aside. Heat a skillet over medium-high heat and take 2 Tbsp oil from fish to hot skillet. Add onion and sauté for 3-4 minutes, until softened. Add garlic and stir for about 30 seconds. Add spinach and sauté until spinach wilts. Season with salt and remove to a strainer to drain.

To plate, make a bed of spinach on each of four dinner plates. Remove fish from skillet and blot dry with paper towels. Set fish on spinach beds, place a poached egg on each filet, then spoon gribiche onto egg and around the plate edges. Serve immediately with white wine on the side.

Yield: Four servings

Preparation time: 30 minutes

Cooking time: 45 minutes, including poaching eggs

