



Rating:

Halibut Saltimbocca

Similar to Recipe in "Every Day With Rachel Ray," September, 2009

Fish must swim three times to taste good. The butter and wine are covered in this quick and tasty version of an Italian favorite...

*½ lb orzo pasta
4 halibut fillets, 6 oz each
4 leaves fresh sage
4 nice slices prosciutto
1 Tbsp extra-virgin olive oil
2 Tbsp Marsala wine*

*3 Tbsp butter, in small pieces, divided
juice of 1 lemon
2 tsp lemon zest
1 Tbsp chopped flat-leaf parsley
lemon wedges*

Prepare the orzo according to package directions. Meanwhile, place the sage leaves on fish fillets, then wrap each fillet with prosciutto. Heat the oil in a large, non-stick skillet over medium heat. Cook fish, turning gently once, for about 8-10 minutes, or until prosciutto is crispy and fish is done.

Put about 1 Tbsp butter pieces in pan, then deglaze with wine. Cook for just another minute or two, to reduce the liquid to a nice pan sauce. Add remaining butter, lemon juice and zest to orzo and toss to fluff.

To plate: Place a serving of orzo on the plate, then top with a fish fillet. Sprinkle parsley across, then serve with lemon wedges on the side.

Yield: Four servings

Preparation time: 5 minutes

Cooking time: 20-25 minutes, mostly the pasta cooking

