

Pan-Roasted Halibut with Forbidden Rice, Pea Sprouts, and Tangerine Reduction **Makes 6 servings**

Six 5-6 ounce halibut fillets
2 tablespoons chopped Italian parsley
2 tablespoon finely grated tangerine zest
1 tablespoon chopped fresh thyme leaves
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper

1 1/2 cups fresh tangerine juice
1 teaspoon granulated sugar
4 tablespoons cold unsalted butter, cut into ½-inch cubes
18 tangerine segments

6 tablespoons extra virgin olive oil, divided
1/2 cup diced onion
2 1/4 cups forbidden black rice
3/4 cup white wine
1 teaspoon kosher salt
1 tablespoon chopped thyme leaves
1/2 cup thinly sliced (on the diagonal) green garlic
4 ounces (about 4 handfuls) pea sprouts

Place the halibut fillets in a shallow baking dish. Combine the Italian parsley, the thyme, tangerine zest, salt, and pepper in a small bowl and then sprinkle the mixture evenly over both sides of the halibut fillets. Cover and refrigerate for at least 30 minutes or up to 4 hours.

Meanwhile, make the tangerine reduction. Combine the tangerine juice and sugar in a small, heavy-bottomed saucepan and bring to a boil, stirring, over medium-high heat. Reduce heat to low and simmer until juice is reduced by half. Whisk in the butter until the mixture is smooth, and then add the tangerine segments. Remove from heat, and season with salt and white pepper and set aside.

To make the rice, heat a medium saucepan over medium heat for 1 minute, and then add two tablespoons of olive oil, the onion. Cook for 3 to 4 minutes, stirring, until the onion is translucent. Add the rice, and continue to cook, stirring, until the grains are coated with oil and lightly toasted. Pour in the white wine and cook until the liquid is reduce by half. Add 4 1/2 cups of water and 1 teaspoon salt, and bring to a boil. Reduce heat to low, cover, and simmer until the liquid is evaporated, about 40 minutes.

Transfer the rice to a mixing bowl and discard bay leaves. Add the green garlic, pea sprouts, and thyme and toss to combine. Season to taste with salt and pepper.

When you're ready to cook the fish, heat the remaining 4 tablespoons of olive oil in a wide skillet over medium-high heat. When the oil is hot and shimmering, sear the fillets fish for about 3 to 4 minute on each side, until they are browned and cooked through (they should feel firm and springy to the touch).

To serve the halibut, place a generous cup of the forbidden rice mixture on the center of each large serving plate. Top the rice with a halibut fillet and a few generous spoonfuls of the warm tangerine reduction.