



Prep Time: 15 min.



Cook Time: 15 min.

## Alaska Halibut With Orange Bearnaise Sauce

- ¾ cup milk
- 1 package (about 1 oz.) Béarnaise sauce mix
- ¼ cup butter
- ¼ cup orange juice
- 1 Tbl. fresh lemon juice
- 2 tsp. fresh OR 1/2 tsp. dried grated orange peel
- 4 Alaska Halibut steaks or fillets (4 to 6 oz. each), fresh, thawed or frozen
- 1 Tbl. olive, canola, peanut or grapeseed oil
- Salt and pepper, to taste
- 1 lb. fresh or frozen asparagus spears, trimmed

*Recipe courtesy of Alaska Seafood Marketing Institute*

**DIRECTIONS:** Whisk together milk and Béarnaise mix in small saucepan over medium heat. Stir in butter until melted. Blend in orange juice, lemon juice and orange peel; stir and cook until thickened. Cover and keep warm. Rinse any ice glaze from frozen Alaska Halibut under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of halibut with oil. Place halibut in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking. Turn fillets over and season with salt and pepper. Cover pan tightly and reduce heat to medium.

Cook an additional 6 to 8 minutes for frozen halibut OR 3 to 4 minutes for fresh/thawed fish.

Cook just until fish is opaque throughout. While fillets are cooking, cook asparagus spears in small amount of water over medium-high heat until crisp-tender. Drain and keep warm. To serve, place 1/4 of the asparagus on plate. Top with a halibut portion and drizzle with sauce.



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