

Halibut with Chamomile Butter Sauce

Prep Time: 15 minutes

Cook Time: 20 minutes

4 halibut fillets
1/2 C chamomile tea (brewed)
1/4 C white wine
1/4 C heavy cream

1/4 C unsalted butter, cubed
1 T olive oil
Salt and pepper to taste
Fresh parsley, chopped for garnish

Preheat the oven to 375°F.

Season the halibut with salt and pepper.

Heat the olive oil in an oven-safe skillet over medium-high heat.

Sear the halibut for 2-3 minutes on each side until golden brown.

Transfer the skillet to the oven and bake for 10-12 minutes until the fish is cooked through.

In a small saucepan, combine chamomile tea, white wine, and heavy cream.

Simmer until reduced by half.

Whisk in the butter cubes until the sauce is smooth and creamy.

Serve the halibut with chamomile butter sauce and garnish with fresh parsley.