**Pan Seared Halibut with Caramelized Fennel Jam**

**Halibut**

2 lbs. halibut filets

2 tablespoons Ultra Premium Olive Oil

Salt and fresh ground pepper to taste

Juice from one lemon

**Fennel Jam**

2 tablespoons Ultra-Premium Extra Virgin Olive Oil

2 large shallots cut into thin slices

1½ pounds fennel, trimmed, quartered, cored, and cut across the grain into thin slices

Salt to taste

freshly ground pepper

3 garlic cloves, minced

1 teaspoon fresh lemon juice

Step 1

Heat the olive oil in a large, heavy nonstick skillet over medium-low heat. Add the shallot. Cook, stirring, until it begins to sizzle and soften, about five minutes. Add the fennel and a generous pinch of salt. Cook, stirring often, until it begins to soften, about five minutes. Turn the heat to low, cover and cook slowly for 45 minutes, stirring often. The mixture should melt down to a purée. Add the garlic, taste and adjust salt and pepper. Stir together, cover and simmer for another 15 minutes until the mixture is lightly colored and very soft. Remove the lid, and if there is liquid in the pan, cook uncovered until the purée is thick, and no more liquid remains in the pan. Stir in the lemon juice, adjust seasonings, and serve. Alternately, allow to cool and serve at room temperature. This step can be done ahead of time by gently reheating the jam.

Step 2

Preheat a skillet with olive oil over medium-high heat. Season halibut generously on all sides with garlic parsley salt. Gently add the fillets to the skillet. Cook for 3-4 minutes until a crust forms. Flip the fish over, reduce the heat to medium, and continue cooking for an additional 2-3 minutes.

Step 3

Plate the halibut, squeeze a bit of fresh lemon juice on each portion followed by a generous amount of caramelized fennel jam. Serve.