

Halibut a la Barigoule



Serves 4

Ingredients:

- 3 ounces thick-cut bacon, cut into 1/2-inch pieces
- 3 shallots, cut into 1/4-inch rings
- 2 cloves garlic, roughly chopped
- 5 medium carrots, peeled and cut into 1/2-inch rounds
- 6 sprigs fresh thyme
- 1 teaspoon salt, plus more to taste
- 1/4 teaspoon freshly ground pepper, plus more to taste
- 1 1/2 cups dry white wine
- 1 1/2 to 2 pounds halibut, cut into 4 equal pieces
- 2 tablespoons fresh flat-leaf parsley, clean and roughly chopped

In a saute pan with a lid, cook bacon over medium heat until crisp and brown, and fat is rendered, about 10 minutes. Transfer bacon to paper towels to drain. Discard all but 2 tablespoons rendered fat. Add shallots to pan. Cook until shallots caramelize, scraping brown bits from bottom, and it will be about 6 minutes. Add garlic; cook until soft, about 4 minutes more.

Add carrots, thyme, salt, and pepper to pan; cook until just tender, about 9 minutes. Raise heat to high; slowly add wine and 3/4 cup water; stir to scrape up remaining brown bits, and cook until boiling. Reduce heat to medium; add halibut, and cover. Cook until fish is opaque and cooked through, about 8 minutes.

Transfer fish to serving plate; discard thyme sprigs. Increase heat to high. Stir in parsley, adjust seasoning, and cook 2 to 3 minutes more. Spoon vegetables and sauce over fish; garnish with reserved bacon.