Seared Ono with Black Bean Salad
Recipe: Melissa Schenker/Foodie for Two
Serves two foodies

Ingredients:

Salad
1 can (15 oz.) black beans, drained and rinsed well (no salt added)  
2 tablespoons finely diced red onion  
3 mini sweet bell peppers, finely diced (or half of one red, yellow or orange bell pepper)  
1 cup baby spinach, chopped  
¼ teaspoon grated lemon zest  
2 teaspoons lemon juice  
2 tablespoons chopped Italian parsley  
2 tablespoons extra virgin olive oil  
½ small garlic clove, finely minced  
3/8 teaspoon kosher salt  
1/8 teaspoon fresh cracked pepper

Fish
2 filets of ono fish (or halibut or sea bass)  
Olive oil  
Kosher salt  
Fresh cracked pepper  
½ tablespoon unsalted butter

Garnish
2 lemon wedges  
1 tablespoon chopped Italian parsley

Directions:

Salad:
Add the black beans, red onion, bell pepper, spinach, lemon zest and juice, parsley, olive oil, garlic and salt and pepper to a medium bowl and gently stir together so the beans don't break up.

Sear the fish:
Add a light drizzle of olive oil to both sides of the fish filets and season with salt and pepper. Heat a medium skillet over medium high heat with about 1 tablespoon olive oil, enough to form an even light coating. When the oil just starts to develop ripples, lay the fish filets in the skillet (meat side down if skin is on) and cover with a splatter screen. Tip: when you lay the filets down, place them away from you to avoid getting splattered with hot oil.

Cook without touching or moving the filets for 3 to 4 minutes, depending on the thickness. Gently move the pan back and forth to distribute the oil around the filets every few minutes. When the fish is ready to be turned it will easily release from the pan. Using a spatula gently turn filets over, add a drizzle of olive oil around the inside edge of the skillet. Cook for another 3 to 6 minutes, depending upon thickness. Fish is done when it flakes and meat is opaque in the center. When done add a ¼ tablespoon of butter to each filet and let melt.

Cooking guide: cook 3 minutes per side for every ½ inch thickness.

Assemble:
Place a ½ cup of the black bean salad on the bottom of a plate and top with a seared filet of ono. Repeat for other serving and garnish both with a lemon wedge, some chopped parsley and a bit of the black bean salad.

Eat well and share the love!
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