

## Recipe of the Month

[Chef Peter Sherlock](#) whips up delectable delights daily at the Springs Cafe by Wolfgang Puck. Discover some of his secrets with these monthly recipes, which use seasonal ingredients.

### April 2010

#### Seared Halibut, Sauteed Spinach, Crispy Polenta and Heirloom Tomato Salad

Perfect for the spring season, this fresh and tasty dish serves two.



##### Polenta

Ingredients			
Amount	Measure	Ingredient	Preparation
1/2	cup	Polenta	
2	cups	Chicken stock	
1/2	cup	Milk	
n/a	To taste	Salt	
n/a	To taste	Pepper	

##### Preparation:

In a sauce pot, bring milk and chicken stock to a boil. Slowly pour in polenta in a steady stream, whisking constantly. Turn heat to medium and cook until polenta is thick (about 15 minutes). Transfer into a greased baking dish. Cover and let the polenta cool before cooking. Before serving, heat grill pan or nonstick pan. Spray with cooking spray or lightly brush with oil. Cut polenta into triangles and cook until outside is crispy and center is warm.

##### Tomato Salad

Ingredients			
Amount	Measure	Ingredient	Preparation
2	each	Heirloom tomatoes	
1	bunch	Fresh basil	
n/a	n/a	Roasted garlic olive oil	Available at <a href="http://LMGourmet.com">LMGourmet.com</a> 
n/a	n/a	Tangerine balsamic vinegar	Available at <a href="http://LMGourmet.com">LMGourmet.com</a> 
n/a	To taste	Pepper	
n/a	To taste	Salt	

##### Preparation:

Wash tomatoes and cut into bite-size chunks. Toss in a mixing bowl with roasted garlic olive oil, chopped fresh basil and tangerine balsamic vinegar. Let tomatoes marinate for a half hour before serving.

## Halibut

Ingredients			
Amount	Measure	Ingredient	Preparation
2	each	Six-ounce portions fresh halibut filet	
2	TBSP	Olive oil	
n/a	To taste	Pepper	
n/a	To taste	Salt	

### Preparation:

Heat olive oil on high in a nonstick pan. Season fish with salt and pepper. Place fish in pan and cook until the fish is golden brown and releases from the pan with ease. Turn heat to medium and cook the other side until fish is cooked through.

## Spinach

Ingredients			
Amount	Measure	Ingredient	Preparation
n/a	n/a	Baby spinach	
1	clove	Garlic	Sliced



### Preparation:

In a hot sauté pan, gently heat spinach leaves until they are cooked. Toss in garlic at the end of cooking. Season with salt and pepper.

### To plate:

Place spinach and polenta in the center of the plate. Set cooked halibut on spinach and top with tomato salad. Enjoy!

## Archives

- [March 2010 - Lemongrass Poached Salmon](#) 
- [February 2010 - Cioppino](#) 
- [January 2010 - Chicken Penne Pesto](#) 