

Seared Halibut With Sweet Corn, Tomato and Cucumber Relish

- 1 large ear fresh yellow corn, peeled and silk removed
- 1 large Creole or other vine-ripened tomato, cored and cut into 1/2-inch dice
- 1 small cucumber, peeled, seeded and cut into 1/2-inch dice
- 1/3 cup finely sliced green onions, green tops only
- 3 tablespoons plus 2 teaspoons extra virgin olive oil
- 1/2 teaspoon plus a pinch salt
- 1/4 teaspoon freshly ground black pepper
- 4 halibut fillets, 3 to 4 ounces each
- 1/2 teaspoon prepared Emeril's Original Essence, or creole seasoning (recipe follows)
- 4 sprigs fresh cilantro, garnish

Bring a medium saucepan of water to a boil. Add the corn and simmer until tender, about 4 minutes. Drain. When cool enough to handle, cut the kernels from the ear and place in a medium bowl.

To the corn, add the tomatoes, cucumbers, green onions, 2 tablespoons of the extra virgin olive oil, a pinch of the salt and 1/8 teaspoon of the pepper. Toss to combine and set aside.

Season each halibut fillet on one side with 1/8 teaspoon of the Essence and on the second side with 1/8 teaspoon of the remaining salt and a pinch of the remaining pepper.

In a large skillet or sauté pan, heat 1 tablespoon of the olive oil over medium-high heat. Add the fillets, seasoned side down, and sear until golden brown, about 4 minutes. Turn and sear on the second side, 2 to 3 minutes. Remove from the heat.

To serve, place 1 halibut fillet in the center of each of 4 large plates and spoon 1/4 of the relish partially on and to the side of the fish. Drizzle each portion with 1/2 teaspoon of the remaining olive oil and garnish with 1 sprig of cilantro. Serve immediately. Serves 4.