TATUA
Specialised Dairy

Wild Halibut with Morel Mushrooms & Asparagus

Ingredients

Halibut:
4 halibut escalopes, large
plain flour for dusting
1 dash of lemon juice
olive oil
salt
Sauce:
•1/2 small onion, finely sliced
•4 shallots, finely sliced
•1 leek, white only, finely sliced
50g fish trimmings, from halibut
100ml vermouth
150ml Tatua Whipping Cream
50ml whole milk
1/2 bulb of garlic, crushed
1 bunch rosemary, small
Olive oil
Morels and asparagus:
100g morel mushrooms
12 asparagus, peeled
200g baby potatoes
200g garlic
60g butter
20g chive, chopped
Salt

Method

1. Pour enough olive oil just to cover the base of a medium sized pan. Place on a medium heat and gently sweat the onion, leeks and shallots until soft.

- olive oil
- 1/2 onion
- 4 shallots
- 1 leek

2. Add the fish trimmings and cook for a further 10 minutes before adding the vermouth. Reduce the liquid in the pan until almost dry, add the Tatua Whipping Cream and milk and bring to the boil.

- 50g fish trimmings
- 150ml Tatua Whipping Cream
- 50ml whole milk
- 100ml vermouth

3. Remove from heat and add rosemary and garlic. Cover and leave to infuse for at least one hour. Pass through a fine sieve and set aside to cool until required.

- 1/2 bulb of garlic
- 1 bunch of rosemary

4. Place potatoes in a pan and cover with water a good pinch of salt. Bring to the boil and cook until tender, this should take around 10-15 minutes

- 200g of baby potato
- salt

5. Allow potatoes to sit in the hot water for an additional five minutes, before straining. Add 15g of the butter, the chives and a few pinches of salt. Add a little hot water and toss to form a buttery emulsion to coat the potatoes. Keep in a warm place.

- 15g butter
- 20g chives

6. In a large frying pan melt remaining butter. As it starts to sizzle and foam, add the wild garlic and morels, cook gently until wilted and soft. Season to taste with salt.

- 45g butter
- 200g garlic
- 100g morel mushroom

7. Cook asparagus in boiling water for one minute, strain and keep warm with the potatoes.

- 12 asparagus

8. Place a large frying pan on a medium heat with a little olive oil. Lightly flour the halibut and cook until golden. This will take around three minutes on each side. Season with lemon juice

and salt.

- olive oil
- 4 halibut escalopes
- plain flour for dusting
- salt
- 1 dash lemon juice

9. Using warm plates, divide the various vegetables into the centre and top with the halibut. Reheat the sauce and froth lightly with a hand blender, spoon over to coat the fish and serve immediately.

Please consider the environment before printing this recipe