

RECIPE COLLECTION BY RICHIE WILSON

Halibut

Pan fried with seashore salad and citrus

4 Portions

QTY	UNIT	INGREDIENTS:
4	ea	Fillet of Halibut (180g each)
1	ea	Lemon
10	g	Unsalted Butter
		Seasoning
30	g	Sumac
200	g	Purple potatoes
200	g	Baby Potatoes
100	g	Sea Perslane
100	g	Sea Astar
100	g	Sea Beets
100	g	Rock Samphire
200	g	Baby Spinach
300	g	Samphire
1	ea	Pink Grapefruit (segmented)
1	ea	Orange (segmented)
1	ea	Lemon (segmented)
100	ml	Olive Oil
20	g	Butter

Method

Begin by preparing your Halibut fillets, making sure each are nice and evenly portioned, any excess fat is removed along with ensuring no bones are left behind.

Begin the seashore salad by cooking the potatoes in separate pots as they will both have different cooking times. Cook the potatoes through, strain them and set them aside to cool. Once cooled enough slice them length ways or at least in a nice chunky wedge, set them aside once again ready to go through the salad.

Now heat a wide based pan and add some olive oil along with about 20 g of butter. Once melted add the potatoes and allow the temperature to come up slowly. Once the potatoes have warmed add the samphire to the pan for a minute or so before then adding the

leaves. Turn this gently over a moderate heat until all the leaves have wilted. Now add the segments to the pan and turn very gently so as only to warm and not to break up the segments. Keep this warm ready to serve.

In a separate pan heat with a little olive oil, now season the halibut only on the flesh side so as to keep the skin crispy. Place the fillets on the pan giving a little shake for the first minute to avoid the fish sticking. Cook for about 3 minutes before turning. Now add the butter to the pan and cook for a further 2 minutes before squeezing over a good amount of lemon juice.

To serve, drag a mix of the salad and potatoes down the center of the plate ensuring you place a couple of well positioned segments for colour around the plate. Now place the halibut in the center and sprinkle a little sumac across the top.

Enjoy