



Baked halibut persillade served with lettuce and pea fricassee and new potatoes.

The firm texture and delicate sweet flavour of halibut makes it perfect for any cooking style and it is popular among chefs. Halibut has a clean aroma, yet an assertive, steak-like flavour. The flesh is muscular, yet tender and delicate, and provides a high level of moisture.

Persillade is traditionally a garnish with a rump or rack of lamb. However, this garnish of garlic,

Preparation time **30 minutes** Cooking time **15 minutes**

Ingredients (per person)

- Halibut Supreme 140 -170gm - 1 (order from us via code **01HAL14E08 - HALIBUT FARMED: SUPREME SCALED & BONED 140-170GM (EACH)**)
- Breadcrumbs - 15gm
- Chopped parsley - 10gm
- Chopped garlic clove - 1
- Zest of lemon - 1/2 a lemon
- Olive oil - 10gm
- Peas - 30gm
- Little gem lettuce shredded - 15gm
- Little gem Lettuce - 1/4 wedge
- Fine diced shallot - 5gm
- Butter - 8gm
- Double cream - 30gm
- Dijon mustard - 5gm
- New potatoes - 100gm
- White Wine - 50ml

Instructions

1. Prepare the persillade crumb by placing chopped parsley, lemon zest, chopped garlic and breadcrumbs in a food blender. Pulse blend until a smooth crumb is achieved. Boil the new potatoes.
2. Prepare pea fricassee by cooking the fine diced shallots in butter until soft. Add Dijon mustard, white wine and double cream. Bring to the boil and allow to simmer very gently. Add peas and shredded little gem lettuce.
3. Place the halibut on a baking sheet covered with parchment paper. Drizzle the halibut with olive oil. Gently spoon the persillade crumb onto the halibut (this will give a baked crumb crust). Place in a hot oven at 180°C for 7-8 minutes until cooked. If using a fan oven, turn the fan off or down low - you don't want the crumb to be blown off whilst cooking!
4. To assemble the dish, place the little gem lettuce wedge onto a very hot non-stick frying pan and allow to colour and char. Cut the boiled potatoes in half (lengthways) and place in the centre of the plate. Gently place the cooked halibut onto the potatoes, garnish with the warmed pea fricassee and the charred little gem lettuce.

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