



## Baked Glitne halibut with blood orange, pomegranate & coriander oil dressing.

The unique taste and texture of snow white halibut from Glitne is formed by the deep, cold, crystal-clear water of the Sognefjord. It's snow-white meat, firm texture and delicate sweet flavour makes it perfect for any cooking style and wildly popular among chefs. It is the world's premium white-fleshed fish.

01HALG14E08 HALIBUT FARMED: GLITNE - SUPREME SCALED & BONED 140-170GM



**Prep Time & Cooking Time: 15minutes and 8 minutes**

- 01HALG14E08 - HALIBUT FARMED: GLITNE - SUPREME 140-170GM: 2
- Blood orange segments: 16
- Pomegranate seeds: 10gm
- Pomegranate molasses: 5gm
- Unsalted butter: 200gm
- Orange juice: 20ml
- Olive oil: 30ml
- Thyme stalk: 1
- Coriander: 10gm



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### Method

#### 1

Prepare garnish by segmenting blood oranges (keep any juices). Keep to one side. For the dressing - blend together pomegranate molasses, orange juice, blood orange juice, coriander and olive oil to make a smooth dressing. Pass through a sieve to remove any unwanted stalks to give a refined dressing.

#### 2

Bake halibut in melted butter and thyme in the oven (180°C) until cooked, (8-12 minutes). Remove from oven and remove from butter to rest. Remove skin.

#### 3

Garnish with blood orange segments, pomegranate seeds and the dressing.