



Butter poached Glitne halibut

with new season asparagus, broad beans and potatoes
with a mint hollandaise sauce

GLITNE love their smaller sized halibut. They commonly use it for high profile events and fine dining experiences with talented seafood chefs – many taking place of late. The feedback from guests is always very positive and we truly believe this halibut size has great potential.

Halibut are flat fish, commonly farmed in the North East Atlantic. They are in their prime from September to May. 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.

Serves: **4**. Preparation time & cooking time: **30 minutes**

Ingredients

- 4 Farmed halibut supremes. 110-140g each - scaled and boned. Product code: **01HALGIK00 HALIBUT FARMED: GLITNE - HEAD ON 1-3KG (KG)**
- 12 asparagus spears - trimmed
- 40g fresh broad beans - shelled
- 250g unsalted butter
- New season potatoes; Jersey/ Cornish/Kent 3 per person
- Fresh hollandaise sauce, 20g per person
- 6 fresh mint leaves
- Sea rosemary micro herb - for garnish

Instructions

1. Prepare and boil new season potatoes, blanch broad beans and shell.
2. Prepare and make hollandaise sauce. (Do not add chopped mint until serving dish).
3. Warm butter and place Glitne halibut portions in the butter, cover with parchment, place in oven 160°C for 6-9 minutes (keep checking after 5 for perfect cooking).
4. Gently poach asparagus and assemble ingredients (hot potatoes, warm broad beans), add chopped mint to hollandaise.
5. Remove Glitne halibut from butter and drain, remove skin.
6. Plate and garnish with sea rosemary.



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