

Halibut, English Asparagus, Pea Mousse & Herb Oil

Recipe by: Laurence Tottingham



“This fresh dish is full of summer flavours, the peas are really good at the minute so I have made a fresh mousse served in a sugar snap pea, by using Agar Agar this can be served hot.”

Prep Time: 20 minutes | Cooking Time: 5 minutes | Serves: 4 people

Ingredients

- 4 Halibut fillets
- 2 bunches of english asparagus, peeled
- 4 large sugar snaps opened up
- 4 good sized new potatoes cut into wedges
- Herb oil
- Nasturtium flower & watercress to garnish
- **Pea mousse ingredients**
- 50ml milk
- 200ml double cream
- 150g podded, blanched & drained fresh peas
- 2g Agar Agar
- Salt & pepper



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Method

1

First make the pea mousse; bring the milk & cream to the boil with salt & pepper, meanwhile blitz the peas with the Agar Agar until smooth, pour the hot milk & cream over the peas, blitz for 30 seconds then return to the heat and bring to the boil, pour the mix in to metal ring moulds and also fill the hollowed out sugar snap peas, garnish with fresh peas and allow to set.

2

Cook the potato wedges in salted water, then dry off and fry in olive oil until golden on each side, season with salt and pepper & keep warm.

3

Chargrill the asparagus and keep warm.

4

Pan fry the Halibut and warm the mousse through gently.

5

Arrange everything on the plate and garnish with herb oil, nasturtium & watercress.