

Chef, Nigel Stuart (pictured) from Morley Hayes has provided readers with a tasty fish recipe.

HALIBUT WITH COURGETTES AND GIROLLE MUSHROOMS (FOR FOUR PEOPLE)



Method

Cut potatoes into 8 slices (7mm x 60mm) Scatter butter across a large baking tray (suitable for the top of the stove) or frying pan with bacon and water, sit potatoes on the top, bring to the boil, turn down to a simmer & cook until the bottoms are golden brown (the water will evaporate), turn over and cook until soft to touch. Remove from pan and set aside.

Lightly fry halibut in butter for about 2½ mins, turn over and cook for 30 seconds, place in the oven, 200°C for approx 4 mins or firm to touch. Meanwhile, using the butter for cooking, fry mushrooms with diced shallots & in another pan fry the courgettes. Add 2 tps of chopped parsley to the mushrooms, season with salt, pepper and lemon juice. Season courgettes, reheat fondant potatoes in the oven & carrots in some hot water or a steamer.

Assemble the dish

Place 2 fondant potatoes on each plate, topped with some courgettes and the halibut, arrange baby carrots, cut in half lengthways, with girolle mushrooms around the outside. Reheat strained sauce, whisk in a knob of butter, squeeze of lemon juice and correct the seasoning.

4 x 6oz halibut fillets
2 courgettes, topped & tailed,
cut lengthways into fine strips
6 baby carrots, peeled and cooked
250gms of girolle or
(if unavailable) wild mushrooms
2 shallots, finely diced
2 tps chopped parsley
150gms butter for cooking
½ lemon

Fondant Potatoes

2 large potatoes
½ pack of butter, diced
1 rasher of smoked bacon,
roughly chopped
100 ml water

White wine cream sauce

90gms button mushrooms
2 shallots
250ml double cream
1 glass dry white wine
20gms butter

Method

Lightly fry sliced mushrooms and chopped shallots in a saucepan until cooked, add white wine and reduce by ½. Add cream, reduce by 1/3, strain sauce and set aside.