



Jack Pearce
@foodbyjackk

PAN SEARED HALIBUT, SAMPHIRE & CHICKEN SAUCE

INGREDIENTS

- **2 200g** halibut fillets
- **2** large baking potatoes
- **80g** butter
- **4 tbsp** olive oil
- **100ml** cream
- **Punnet** of samphire
- **Sea oyster**
- **Juice** of 2 lemons
- **1L** chicken stock
- **2** shallots
- **3** sprigs thyme
- **200ml** white wine
- **150ml** cream

METHOD

- 1.** Make the chicken sauce: sweat the shallots off. Add the thyme and white wine. Reduce by two thirds. Add the chicken stock. Bring to the boil, skim off any impurities.
- 2.** Reduce by three quarters and then pass through a sieve into a clean saucepan. Add the cream & lemon juice.
- 3.** Make the olive oil mash: peel & chop the potatoes and then into a saucepan with water and bring to the boil. Strain the potatoes then pass through a potato ricer until smooth. Add the olive oil, butter and cream and mix.
- 4.** On a medium heat, warm up a frying pan and add a splash of vegetable oil. Season the halibut with salt. Place into the pan. Turn the fish over once the bottom is golden and nearly cooked through.
- 5.** Baste the fish with butter. Place onto a baking tray.
- 6.** Place the samphire, rock samphire and the juice of a lemon in a bowl & mix. Plate up!

PREP TIME | 30 minutes

COOK TIME | 1 hour

READY IN | 1 hour 30