

Braised Halibut, Maltaise Sauce & Asparagus



Serves 2

Prep 30 mins

Cooking 30 mins

Easy

Ingredients

2 halibut fillets, each about 175g
1 shallot finely sliced
4 tbsp dry sherry
100ml fish stock
200g butter
4 free-range egg yolks
2 oranges, 1 peeled and julienned and 1 juice only
1 lemon, juice only, to taste
6 green asparagus, trimmed and peeled
6 white asparagus, trimmed and peeled
salt and freshly ground black pepper
2 tbsp edible flowers, such as chive, to garnish

1. Preheat the oven to 180C/160C Fan/Gas 4.
2. Put the halibut fillets in a casserole dish with the shallot, sherry and stock and place over a medium heat. Season with the salt and pepper and bring to the boil. Baste the fish and transfer to the oven for 5–10 mins, depending on the thickness of the fish. Remove from the oven and baste again.
3. Melt the butter in a small saucepan over a low heat. Whisk the yolks with the orange juice in a double boiler or bain-marie. Season with salt & pepper and cook until thickened. Whisk in the melted butter & add lemon juice to taste.
4. Blanch the asparagus in a saucepan of salted water for 2–3 mins.
5. Arrange the asparagus in crown shapes on two warmed plates. Pour some Maltaise sauce into the centres of each crown and then place the fish on top. Garnish with the orange julienne and flowers and serve.