

Halibut Bourguignon



Serves 3

Prep 15 mins

Cooking 15 mins

Easy

Ingredients

5g shallots, unpeeled

200ml red wine

75g bacon lardons

2 tbsp olive oil

75g button mushrooms

25g butter

3 halibut fillets, ± 150g each, skinned

125g spinach leaves, washed

sea salt

Other fish can be used such as cod or turbot. Cooking time may vary according to the thickness of the flesh.

1. Blanch the shallots in boiling water for 2 minutes, then drain and peel. Meanwhile, boil the red wine in a pan to reduce by half.
2. Sauté the lardons in a heavy-based frying pan until crisp. Remove and set aside.
3. Add 2 tbsp olive oil to the frying pan and heat. Add the shallots, and mushrooms and sauté until softened and the shallots are lightly caramelised. Stir in the bacon; keep warm.
4. Meanwhile, heat the butter and remaining oil in a large frying pan until foaming. Pan-fry the halibut fillets for 2-3 minutes on each side until just cooked. Remove to a warm plate and rest for a few minutes.
5. Cook the spinach in a large pan over a medium heat, with a little water and a pinch of salt, until just wilted. Drain well.
6. Pile the spinach into the centre of warm plates and place the fish on top. Spoon over the mushrooms, shallots and bacon. Add the reduced red wine to the shallot pan, stirring to deglaze, then drizzle over the fish and vegetables. Serve with new potatoes.