

Poached Halibut with Heritage Tomatoes



Serves 2 Prep 25 mins + overnight straining Cooking 15 mins Easy

Ingredients

2 x 170g halibut fillets, skinless & boneless

For the tomato broth

500g ripe tomatoes

For the poaching liquor

100ml white wine
1 rosemary sprig
1 banana shallot, sliced
300ml chicken stock

For the garnish

300g mixed tomatoes, cut into different shapes and sizes
50ml vegetable oil
2 spring onions, thinly sliced
50g pre-blanching and podded broad beans (100g pre-podded weight)

1. Make the tomato broth the day before. Put the tomatoes and 1/2 tbsp flaky salt in a food processor and blitz to a pulp. Pour into a colander lined with a muslin cloth set over a bowl to catch the juices. Fold the cloth over the pulp and put a weight on top to help squeeze out the juices. Put in the fridge overnight to strain. Take the broth out of the fridge 1 hr before serving to bring to room temperature.
2. The next day, toss the mixed tomatoes in a roasting tin with 1/2 tbsp flaky salt and the oil, then spread them out and leave for 1hr.
3. Next, put the wine, rosemary, shallot, stock and a good pinch of salt in a saucepan. Bring to a simmer, drop in the fish and reduce the heat so the liquid is just bubbling. Gently poach for 8-10 mins, then remove. Freeze the poaching liquid and use as stock at a later date.
4. Spoon the mixed tomatoes with their oil, the spring onions and broad beans into two serving bowls. Top with the cooked fish, then pour over the tomato broth.