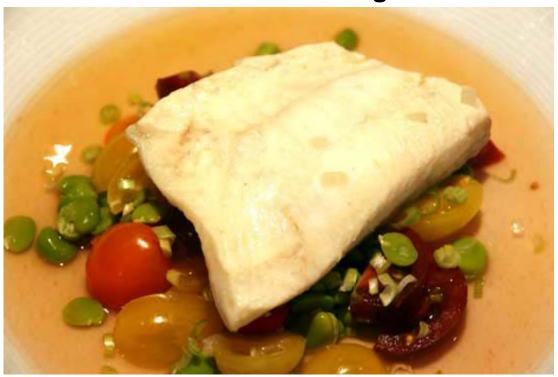
Poached Halibut with Heritage Tomatoes



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

2 x170g 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-blanched 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.