

The Masons Arms



Fabulous food and a traditional local

Fillet of Halibut with Potato Crust, Cider Sauce



Ingredients (x 4 Portions)

- 4 Halibut Fillets 150g each
- 275ml Medium-Sweet Cider
- 1 Pinch of Sugar
- 150 ml Veal Stock
- 200 ml Double Cream
- 1 Large Potato
- 2 Egg Yolks
- 1 Apple
- 2 Carrots (cut lengthways)
- 2 Courgettes (cut lengthways)

Method:

The Halibut

Peel and cut the potato into Matchstick size and blanch in oil at 110°C until soft without colour. Leave to cool. Once cool add a pinch of salt and the two yolks, mix together. Pat a little flour onto the presentation side of the fish and then put on the potato.

The Sauce

Reduce the cider by two-thirds with a pinch of sugar.
Add the Veal Stock and reduce by ½
Add the Double Cream and leave to cook until a good consistency giving 180ml of Sauce.
Season to taste. At the last minute add the apple balls and gently reheat.

The Garnish

With a parisiene spoon make 24 apple balls. Gently cook the vegetable garnish just prior to serving and retain.

Serving

Pan fry the Halibut with the potato side down on a gentle heat for approximately 5 minutes, making sure that the potato doesn't colour too much. Turn over the fish and cook for a couple of minutes on the other side. Place the fish in the centre of the plate and place the carrot and courgette around it. Pass the sauce through a tea strainer into a small jug and add the apple balls, pour around the fish - serve immediately.



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