

## **Pan Fried Halibut with Smoked Bacon and Girroles**

### Ingredients:

4 x 120g Halibut fillets – skinned  
150g Piece of smoked bacon – cut into 1cm lardons (pieces)  
100g Scottish girrole mushrooms – cleaned and washed  
200ml Fresh chicken stock  
50g Unsalted butter  
10g Curly parsley – finely chopped  
100 ml Mellow Yellow rapeseed oil  
8 Baby onions – peeled, pre blanched and cut in half  
Salt  
White pepper  
½ Lemon

### Method:

- Heat a non-stick frying pan to a medium heat and add half of the rapeseed oil.
- Season the halibut fillets on both sides with salt and pepper.
- Place the halibut fillets in the frying pan presentation sides down, gently pan fry until golden brown and then turn over.
- Meanwhile heat a shallow pan also to a medium heat and add the remaining rapeseed oil, then add the smoked bacon pieces.
- Fry the smoked bacon pieces until lightly coloured then add the cleaned girrole mushrooms and continue to cook for a further 2 minutes until tender.
- Add the baby onion halves to the pan followed by the chicken stock and reduce the chicken stock by half.
- Once the chicken stock has reduced by half stir in the cold butter and then add the chopped parsley. Season to taste.
- Remove the halibut fillets from the frying pan and squeeze over the lemon.

### To Serve:

- Pipe some hot mashed potato in the centre of a serving bowl, place the pan-fried halibut fillet on top and spoon the smoked bacon and girrole fricassee over and around.