

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.

