

Roasted Halibut

Ginger-Lemongrass-Piquillo Sauce, Basmati & Cashews



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Roasted Halibut, Ginger-Lemongrass-Piquillo Sauce Recipe

Serves 4.

2.2 lb. (1kg) halibut, flounder or sea bass.. skinned and portioned (some fish don't need to be skinned though)

Grapeseed oil and clarified butter (optional).

Ginger-Lemongrass Sauce

≈1/2 Tbsp (7ml) duck fat, pork fat, clarified butter or vegetable oil

2 ea. (30g) shallot, chopped

1 ea. lemongrass, outer leaves removed and chopped

1 ounce (30g) fresh ginger, chopped

2 ea. garlic cloves, chopped

2 cups (50cl) Chardonnay white wine

1 cup (250g) heavy cream

0.7 cup (180g) milk

1/2 cup (125g) coconut milk

Salt, curry spice to taste and turmeric for the color.

In a hot pan, add fat and cook shallots, lemongrass and ginger for about 5 min on low heat. Add garlic and cook until fragrant. Deglaze with wine and reduce by half. Add heavy cream and milk and coconut milk – reduce to sirupy consistency for about 10 min on low; season with salt and spices – Pass through a sieve and set aside.

Piquillo Coulis: A small jar of piquillo peppers, drained and blended with salt and a drizzle of olive oil. Heat up before using.

Garnishing: Half red and yellow bell pepper, cut into brunoise. Cilantro leaves and some torched cashew halves.

This dish can be served with steamed basmati rice, white beans, mashed potatoed, veggies etc...

Preheat oven to 400°F (205°C). Coat fish with oil. In a hot nonstick frying pan, sprinkle some salt to create a additional nonstick effect, salt the other side. Sear fish (skin side up) for 5 min. If desired, pour some additional fat such as clarified butter, duck or pork fat in the pan and finish cooking in the oven for 7 minutes more (do not flip).

Plating

Reheat ginger sauce and give an emulsion using an immersion blender. With a cookie large cutter, mold out steamed rice. Garnish with some bell pepper brunoise, drizzle some piquillo coulis and the ginger-lemongrass sauce. Place fish on top and garnish with cilantro leaves, Enjoy!

