

View from the Fridge – Recipes from Brian Donkin

Recipe # 45 – Halibut with Sharp Tarragon Sauce

Preparation time: 10 mins – Cooking time: 10 mins

Ingredients

3 halibut fillets (250gms, each cut into 3 pieces)
1 glass white wine
½ glass single cream
30gms tarragon
1 tablespoon white wine vinegar
50gms soft butter
1 wine glass whipped cream
30gms beurre manie (see sauces)
butter for greasing tray
salt and pepper

Method

1. Place fillets in greased tray. Pour on top white wine, white wine vinegar, tarragon, salt and pepper. Bring to the boil over a medium heat and place in very hot oven (230C) for 7 seven minutes.
2. Remove the fish onto plates and pour all the juices from the tray into a saucepan.
3. Add the single cream and bring to the boil over a hot heat.
4. Whisk in buerre manie until smooth then remove from heat.
5. Whisk in whipped cream and butter.
6. Pour over fish and place under hot grill to glaze.

Serves 3

