



Halibut with sauce Vierge

Hi all and thanks for joining me this February.

Finally a chance to catch my breath after a very busy December and January with corporate and private events and catering.

Towards the end of this month I will be taking 3 weeks off to head to sunnier climes, home to Australia for a while via Singapore, I will be checking emails sporadically during this time. All catering and events will continue to run as normal in my absence with my colleague Daniel Brightman covering for me.

My sushi making courses have been well received and I am currently taking bookings for both private and corporate events. If you fancy a hen party with a difference or a hands on team building event then don't hesitate to get in touch on 07920 066 075 or email tyrone@tyronepower-personalchef.com.

This summer my cookery courses in Mallorca are also going ahead, dates can be tailored to individual parties for both corporate and private clients. The cost of the course includes, all tuition, food, accommodation, trips to local vineyards, olive groves and the best food markets on the island all of which are accompanied by myself, to offer answers and help to those foodie questions you've always wanted to ask. For more information please go to http://www.tyronepower-personalchef.com/cookery_classes.htm

This month's recipe is a classic, halibut with sauce vierge. I managed to polish off a bottle of Chablis with it and it seemed to work quite well with the fish, enjoy.

Halibut with sauce vierge

Serves 4

Ingredients

1 Lemon
4 Large plum tomatoes peeled, de seeded and diced
1 ½ tbsp Coriander seed toasted and ground
1 Handful of fresh basil leaves finely chopped
1 Handful of fresh coriander leaves chopped
½ A handful of fresh mint leaves chopped
Sea salt
Fresh ground pepper
2-3 tbsp of extra virgin olive oil
4 Fillets of Halibut
Butter and olive oil for frying the fish

Method

- 1) Place a pan of water onto the stove with a pinch of salt in it, bring it to the boil and then turn it down so it's just gently simmering.
- 2) Remove the core of each of the tomatoes, turn it upside down and with a sharp knife mark a cross on the bottom of each tomato
- 3) Fill a bowl with ice cold water and set next to the stove where your water is simmering.
- 4) Drop each tomato into the water for about 30 seconds or until you start to see the skin peeling off. At this point remove the tomato and place in the ice cold water, once it has cooled, remove the skin, it should pull away easily.
- 5) Next, quarter your tomato, remove and discard the seeds and dice up the flesh into even pieces.
- 6) Place the tomato into a mixing bowl with your herbs, seasoning, olive oil, and lemon juice.
- 7) To toast the coriander seeds, place them in a pre heated frying pan for about a minute or until they start to become aromatic and begin to colour, do not burn them as they will taste bitter. Once they are ready, place into a mortar or use a spice grinder and blend until you have a fine powder. Once ready add this to your tomato mix.
- 8) Preheat your oven to 180 degrees celsius
- 9) Place a heavy bottom non stick frying pan on your stove, get the pan nice and hot, melt a little butter in the pan and a tablespoon of olive oil, when the butter starts to foam, add your halibut fillets making sure they are well seasoned. Fry on each side for a few minutes then transfer to the oven for a couple of minutes to finish cooking.
- 10) When the fillets are ready, remove and serve up with the sauce.

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