

Baked Halibut, Crispy Topping and Red Wine Sauce



1. In a bowl cream the butter and add the chopped herbs.
2. Place the Halibut pieces in a lightly buttered dish just big enough to hold them.
3. Season the fish and squeeze over some lemon juice, add a dash of white wine to the dish.
4. Spread the herb butter over the fish, mix the breadcrumbs and cheese together and spread evenly on top of the buttered fish.
5. Place in a preheated oven set at 170c and cook for approx 15min and the topping is crispy and the halibut just cooked.
6. While the fish is cooking make the sauce. Pour the wine and port into a small pan and reduce over a high heat until the liquid begins to look sticky, add the cream and bring back to the boil.
7. Quickly steam some spinach

To serve, spoon a pool of the red wine sauce in the centre of the plate, add your spinach bed, and place your halibut on top

Prep time: 6 minutes
Cooking time: 13-15 minutes
Serves: 2

Ingredients

- 2 portions of halibut 180-200g each
- 75g of butter (softened)
- A bunch of spinach
- A bunch of herbs of your choice (eg dill, parsley) - chopped
- A handful of fresh breadcrumbs
- 1 tbsp of grated cheese
- Squeeze of lemon juice
- Dash of white wine

For the sauce

- 100ml of red wine (or 200ml if not using port)
- 50ml of port (optional)
- 50ml of cream
- 50g of butter (diced, kept cold)

Alternative Fish