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Recipe: Baked Halibut With Wild Mushroom Sauce



Ingredients

2 thick fillets of halibut
50g butter
Salt
Black pepper
1 shallot
1 fat clove of garlic
130-150g wild mushrooms*
1 tablespoon of extra virgin olive oil
2 level teaspoons of plain flour
120ml milk
1 lemon
50ml cream**
A small handful of parsley

Servings
2
Person

Preparation

1. Preheat the oven to 180 degrees, 160 degrees fan oven.
2. Lightly butter a small baking dish and put in the halibut fillets. Cut 25g of the butter into small pieces and dot all over the fish then season with salt and black pepper.
3. Bake for about 20 minutes in the preheated oven, basting with the melted butter, until the fish is just cooked through. Remove from the oven.
4. Meanwhile, make the sauce. Peel and finely chop the shallot and the garlic. Wipe the mushrooms, removing any tough stems, such as shitake stalks and the base of clumps of enoki, and slice any larger mushrooms.
5. Melt the remaining 25g of butter with the olive oil and gently sauté the shallot for 5 minutes. Add the garlic to the saucepan and cook for a further 2 minutes.
6. Stir in the flour and then gradually add the milk, stirring after each addition until smooth, and cook gently for a minute or two.

7 Add the less delicate mushrooms, such as crimini or shitake, and cook gently for two minutes.

8 Stir in the delicate mushrooms such as chanterelle, oyster and enoki and heat through over a low heat.

9 Season to taste with salt and back pepper. Juice the lemon and stir in a teaspoon or two of lemon juice according to taste.

10 Add the cream, stirring as you gently heat the sauce.

11 Lift out the fish with a fish slice whilst still hot, spoon a generous portion of mushroom sauce on top of each fillet and garnish with chopped parsley. Lovely served with rice or baby new potatoes with fresh green beans or asparagus.

Cooks Note

Delicious firm white halibut, baked in butter and smothered in a creamy wild mushroom sauce.

* I used a mixture of crimini, shitake, chanterelle, oyster and enoki mushrooms from my local farmers market; just use whatever you can find, or choose your favourite mushrooms.
** I used reduced fat double cream, but single cream would work too.
Do beware of overcooking the halibut as it dries out quite easily; remember to baste it with the melted butter to retain the moisture when cooking, and remove from the oven as soon as it is cooked.