

STERLING HALIBUT WITH CEP MUSHROOMS

比目鱼伴牛肝菌

serves 4

Ingredients

500g frozen cep mushrooms
200g cream
100g whipped cream
some butter
50g hazelnuts, roasted and split into halves
100g fresh mushrooms
(diced fresh cep mushrooms or shimeji tops)
1 tbsp chopped parsley
100g white wine vinegar
300ml water
100g caster sugar
1 star anise
1 tbsp coriander seeds
1 tbsp black peppercorns
1 shallot, finely chopped
1 carrot, slice lengthwise into thin strips
4 slices sterling white halibut fillet

Method

1. Thaw frozen ceps on a rack to drain away water. Dry mushrooms slightly.
2. Prepare mushroom purée : Sauté ceps. Cook with cream. Reduce to half. Blend until smooth and pass through a sieve. Fold in whipped cream just before serving.
3. Prepare sauce : Cook butter until brown. Add hazelnuts and assorted mushrooms. Cook until butter smells of hazelnuts. Finish with parsley just before serving.
4. Combine vinegar, water, sugar, star anise, coriander seeds, black peppercorns and shallot. Bring to a boil. Pour the hot liquid over carrot strips.
5. Pack fillets tightly in cling wrap. Steam at 60°C for about 10 mins.
6. Place fillet on mushroom purée in a deep bowl. Add sauce. Garnish with carrot strips and serve.

4人份

用料

冷冻牛肝菌500克
奶油200克
打发奶油100克
牛油少许
榛子50克, 烤香剥半
新鲜菇类100克 (新鲜牛肝菌碎或松菇菇顶)
欧芹碎1大匙
白酒醋100克
清水300毫升
砂糖100克
八角1个
芫荽籽1大匙
黑胡椒粒1大匙
小红葱1个, 切碎
红萝卜1条, 切长细条
Sterling白比目鱼柳4片

做法

1. 把牛肝菌解冻后沥干并稍微抹干。
2. 准备牛肝菌奶汤: 把牛肝菌炒香, 加入奶油煮至分量减半, 搅拌至幼滑后过筛。食用前加入打发奶油拌匀。
3. 准备酱汁: 把牛油煮至褐色, 加入榛子和综合菇类, 煮至牛油散发榛子的香味。食用前加入香芹。
4. 把白酒醋、清水、糖、八角、芫荽籽、黑胡椒粒和小红葱混匀煮至滚后, 倒在红萝卜细条上。
5. 把鱼柳用保鲜膜裹紧, 用60°C热蒸约10分钟。
6. 在深碗里加入牛肝菌奶汤, 铺上鱼柳, 淋上酱汁, 缀以红萝卜长条即可

