

Lightly Smoked Halibut with Apricot, Samphire on Apple & Cucumber Gel



This is an ideal early Autumn starter. A good British dish because we try to use all local produce, and make it look interesting. I don't think people realise the diversity of seasonal ingredients in this country, and this dish showcases just some of the ingredients we have available to us at this time of year.

Serves: 4

Profitability:

Steps:

Mix salt and sugar, rub into halibut and marinade for 3 hours. Rinse off and dry with cloth. Smoke fish with smoke gun, coat with ground nori

Peel celery, mix salt, sugar and lemon juice and put all ingredients in sous vide bag and compress for 4 hours. Remove celery from liquid, dry and cut in strips

Combine cider vinegar, water and sugar and bring to a boil. Cool down and add to apricots. Vacuum pack and cook at 85°C for 3 hours. Cool in ice water and blend to smooth puree

Juice apples, cucumber and celery, add cider and strain through coffee filter. Add xanthan gum carefully to avoid lumps and leave to rest for 1 hour

TO SERVE:

Slice halibut thinly. Use flowers, herbs, micro melons and gooseberries to garnish

the plate

Drizzle cider gel over fish and in between the vegetables

Ingredients:

Halibut 320g

Salt 20g

Sugar 40g

Nori 20g ground

Celery 100g

Salt 5g

Sugar 5g

Lemon juice 15g

Apple cider 100g

Cox apples 100g

Cucumber 100g

Celery 100g

Xanthan gum 2-3g

Apricots 100g halved, stone removed

Cider vinegar 30g

Sugar 20g

Water 20g

TO GARNISH

Micro melons 4

Gooseberries 2

Nasturtium leaves and flowers 4

Peas 40g fresh and blanched

Broad beans 40g fresh, peeled and blanched

Cucumbers 20g pearls

Apple 20g pearls

Samphire 30g blanched

Fennel flowers 1

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