

Pan Fried Halibut, Walnut Pesto, Dried Cherry Tomatoes

By Clubhouse Executive Chef Rob Ratcliffe

Serves 4

Ingredients

4 x 5oz pieces of halibut
30 cherry tomatoes
2 garlic cloves thinly sliced
2 tbsp olive oil

Walnut Pesto Ingredients:

300 ml breadcrumbs in milk
200 ml toasted walnuts
200 ml pecorino
Olive oil to bind
1 garlic clove
6 mint leaves
6 basil leaves
30 g parsley leaves

Method: Pan Fried Halibut

For the halibut, put canola/vegetable oil into a large frying pan and bring to a medium high heat. If your pan is too cold, the halibut will stick. Once it has almost reached smoking point, season your halibut with salt and carefully place into the pan. Leave it on the same side with little movement until there is an even caramelization. Keep an eye on the pan temperature and change if needed.

If you have thin fillets, you will be able to cook the halibut all the way on the stove. If you have thicker fillets, place into your oven until cooked. Once the halibut is nearly cooked, add a little butter and spoon over the fish.

Method: Walnut Pesto

Place all the ingredients in a blender. You can choose your consistency if you prefer smooth or a little chunky.

Method: Oven Dried Tomatoes

For the oven dried tomatoes, cut all the tomatoes in half and season with olive oil and salt. Place onto a tray with all the cut sides facing up. On each tomato, place some thinly sliced garlic and thyme leaves. Put into your oven on pilot (the lowest setting possible) and dry for 6 hours.

This will remove any excess water and concentrate the flavor. Be careful not to over dry as they become chewy.

Assemble:

To assemble the dish, place the halibut onto a plate with the golden side facing up. Spoon on some walnut pesto and finish with some of the dried tomatoes and finally a drizzle of good olive oil.