

The Global Larder

— COOKERY SCHOOL —

Halibut with Roast Pepper, Chorizo, & Samphire

Serves 2

2 thick fillets of halibut or hake (or other white fish)
1 roast red pepper, peeled and finely sliced
40g shallots or onion, sliced
1 garlic clove, finely chopped
1 medium tomato, chopped into small pieces
2 tbsp fino sherry
75ml chicken stock
50g cooking chorizo, cut into dice
2 tbsp olive oil

To serve

90g samphire
8 cooked new potatoes, halved (optional)
2 tbsp black garlic mayonnaise (optional)

Chorizo and Pepper Sauce:

- Heat 1 tablespoon of olive oil in a small frying or sauté pan.
- Add chorizo and cook until browned and releasing its fat.
- Lower the heat, add shallots, and cook for 1 minute until softened.
- Add garlic and cook for another minute.
- Increase the heat, then add sherry and cook until nearly evaporated.
- Add peppers, tomatoes, and chicken stock. Let the tomatoes break down and the stock reduce, forming a slightly thick sauce around the chorizo and peppers. The sauce should not be watery but still have some liquid.
- Keep the sauce warm on low heat or prepare it ahead of time for a party.

Fish:

- Heat the remaining olive oil in a medium non-stick frying pan.
- Pat the fish dry, then season well.
- When the pan is hot, place the fish skin-side down and cook for 3 minutes.
- Flip the fish, reduce heat, and cook for another 3 minutes or until the fish flakes easily when prodded with a knife.
- Remove the fish and rest it on a warm plate.

Potatoes:

- While the fish cooks, add potato halves to the same pan to reheat and colour

- Crisp the flat sides of the potatoes until golden.

Samphire:

- Boil a pan of water, then drop the samphire in for about 1 minute.
- Drain the samphire well.

Plating:

- Place half of the pepper mixture in the center of the plate and dot black garlic mayo around the peppers. Arrange the crispy potatoes alongside the fish and peppers.
- Place the cooked fish on top of the peppers and top with a handful of the cooked samphire.
- Repeat for the second portion.

Equipment List for Cookalong

- Small frying pan
- Medium or large frying pan, ideally non-stick
- Medium saucepan
- Colander or sieve
- Chopping board
- Sharp knife
- Small mixing bowl/ramekin
- Fish slice or spatula

Zoom Link

<https://us06web.zoom.us/j/88399616038?pwd=g3btkLO0bDZlJYYOJreDb575PbCztL.1>

Passcode: 926549

Notes for cookalong

- Pre-cook the new potatoes and allow to cool. If you would like a carb free meal, omit the potatoes altogether
- Measure out the ingredients ready for the session but do not chop any of the ingredients.