

Soy and butter poached halibut, pickled apple, smoked eel

Total time **190 mins** 10 mins preparation time 180 mins cooking time

INGREDIENTS

4 portion(s)

Butter soy poached halibut:

- 4** fillets of halibut, approximately 60g each
- 150 g** salted butter
- 50 ml** Kikkoman Naturally Brewed Soy Sauce
- 1** lemon
- 1** orange
- 1** lime
- 1** pink grapefruit

Pickled apple:

- 50 g** caster sugar
- 6** Granny Smith apples
- 50 g** white wine vinegar
- 100 g** sea salt
- 2** star anise
- 6** peppercorns

Garnish:

- Borage, flowers only
- Buckler sorrel
- 50 g** smoked eel
- Wild chervil
- Sweet cicely, leaves and flowers

PREPARATION

Step 1

Place a small saucepan over a medium heat. Add the butter and make a beurre noisette. Remove from the heat and add the soy sauce.

Step 2

Grate and juice the citrus fruits and place over the halibut. Allow to marinate for 10 minutes, wash off and place the halibut into a vac pac bag. Add the soy butter into the bag with the fish and seal. Cook in a water bath for 8 minutes at 42C.

Step 3

For the apple pickling liquor combine the sugar, vinegar, star anise and peppercorns in a pan and bring to the boil. Remove from the heat and allow to cool slightly.

Step 4

To prepare the apples, peel the skin off and discard. Continue to peel the apple flesh into long ribbons. Pour the pickling liquor over the apples and compress in a vac pac machine. Allow to cool in the bag and then remove and roll the apple strips up tightly, trim into the desired shape.

Step 5

Slice the eel into 1cm cubes.

Step 6

To serve, roll out the apple strips and lay the

halibut fillets on top. Garnish each plate with the eel, fresh herbs and a few drops of Kikkoman soy sauce. Serve immediately.