

ROASTED TURBOT STEAK IN A WILD MUSHROOM SAUCE

SERVES 2

INGREDIENTS

1 garlic bulb, outer layers removed and sliced in half

Olive oil

2 Maris Piper potatoes

Clarified butter

2 250g turbot steaks

Butter

2 handfuls wild mushrooms

Splash white wine

150ml chicken stock

Splash double cream

2 sprigs thyme

Handful parsley, chopped



● Preheat your oven to 180°C/350°F. In a pan, immerse the two halves of the garlic bulb in olive oil and cook over a very low heat for up to 40 minutes, until the garlic is soft.

● Peel and barrel the potatoes (it's essential that both potatoes are the same size so they require the same cooking time). Coat them in clarified butter and bake in the oven for around 15 minutes, until they are fluffy in the middle. Turn occasionally, and coat with more clarified butter if they look dry.

● Coat the turbot steaks in olive oil and sea salt, and place on a roasting tray. Roast for around 15 minutes, until cooked through.

● While the fish is cooking, warm a frying pan. When it's hot, drizzle in some olive oil and add a knob of butter, then sauté the wild mushrooms until golden-brown. Add the white wine and reduce; pour in the chicken stock and reduce by half. Put in the cream and reduce until the sauce has a lovely, thick consistency.

● Put a turbot steak onto each plate and coat with the wild-mushroom sauce. Place a fondant potato on the side, and top with a confit of garlic, a sprig of thyme and the chopped parsley. Serve immediately.