

Half cooked hallibut with spicy pineapple, smoked bacon cabbage.

Recette pour 4 personnes

Description Pan sired hallibut steak half way cooked with spicy pineapple, green cabbage cooked with smoked bacon.

Ingrédients

For the hallibut

- 4 Unit(s) Hallibut steak (200g)
- 75 Ml Olive oil
- 0.25 Unit(s) Pineapple
- 1 Unit(s) French shallot
- 1 Ml Espelette pepper
- 5 Ml Sambal oelek
- 12 Sprig(s) Fresh cilantro
- 5 Ml Maple syrup
- 3 Sprig(s) Basil
- 1 Unit(s) Tomato

- Salt and pepper

For the cabbage

- 1 Unit(s) Savoy cabbage
- 200 Gr Smoked bacon
- 50 Gr Butter
- 6 Sprig(s) Parsley

- Salt and pepper

Préparations

Temps de préparation **30 mins**

For the preparations

Dice the pineapple, ciselez the shallot and the basil. Chop the cilantro and the parsley, empty the tomatoes and dice it. Mince the cabbage and dice the bacon.

For the hallibut

Season the steaks on each sides. In a hot pan with half of the olive oil, pan sired the steak on each sides quickly, and reserve it. In the same pan with the rest of olive oil, sweat gently the Espelette chili, add the pineapple and the shallot to get a light coloration. Remove the pan from the stove, add the sambal, the tomatoes, the mapple syrup and the basil and let it seat for 10 minutes.

For the cabbage

In a dry hot pan cook the bacon until it gets creaspy, add the cabbage until soft. Finish with the butter and the parsley.

For the plating

Put the fish in the oven for 2 minutes just to warm it up, and cut in half on the long way. In a big round plate, put a little nest of cabbage in the middle the fish on the top, the sauce around and finish with the cilantro.

Bon appétit!