



PAN ROASTED HALIBUT



# Feeling Fruity

*Lincolnshire Life brings you another sizzling summer recipe.*

## STARTER

Chicken liver and pistachio parfait, grapes, apples and toasted hazelnut salad with port reduction

### Ingredients for 4:

300g of fresh chicken livers, 300ml of milk, 2 shallots finely chopped, 100g of chopped and toasted pistachios, 100ml of Armagnac, 200g of cold unsalted butter, 50g of toasted hazelnut, 1 apple, 1 cup of fresh red grape, 2 tablespoons of raspberry vinegar, 4 tablespoons of extra virgin olive oil, 300ml of port, 2 bay leaves, 2 star anise, 4 cloves, salt to taste.

### Method:

The day before, place the chicken liver in a non reactive container with the milk and refrigerate overnight to extract any bitterness from the livers.

In a deep bottom pan melt 50g of the butter, add the chopped shallots and pistachios and cook for 3 minutes. Meanwhile drain the chicken liver from the milk and rinse them under cold water, place the livers in the pan and cook for 3-4 minutes. Add the Armagnac and flame to eliminate the alcohol, cook for 1-2 minutes and set aside to cool. When ready place the livers and the rest of butter in a food processor and blitz until smooth. Season with salt and place in a plastic or glass plum cake tin, cover and refrigerate for 5-6 hours.

Put the port with the cloves, bay leaves and star anise in a deep base pan and gently reduce by 2/3 or until syrup like, set aside to cool down.

Half-an-hour before serving chop the apple, grape and toasted hazelnut and mix in a bowl with the

olive oil and raspberry vinegar.

## MAIN COURSE

Pan roasted halibut on sautéed minted broad beans roast cherry tomato and aged balsamic

### Ingredients:

4 -200g Supremes of fresh halibut, 16 cherry tomatoes, 200g of shelled fresh broad beans, 100ml of aged aceto balsamico, 1 tablespoon of chopped fresh mint, 100ml of extra virgin olive oil, 100g of butter, salt and pepper to taste.

### Method:

Warm up a non stick pan, place half the butter and melt. Season the halibut and pan roast on medium for 2 minutes each side. When ready place the fish on a baking tray and bake in the oven at 170°C for 6-7 minutes.



In the same pan we used for roasting the fish add the rest of the butter and the broad beans, cook for 3-4 minutes on medium heat season and add the chopped mint, cook for 1 more minute and keep warm.

In a separate pan add the olive oil and gently roast the cherry tomatoes for 3-4 minutes, add the balsamic and plate.

### DESSERT

#### Amedei chocolate and Grand Marnier Marquis with fresh raspberries

##### Ingredients:

500g Amedei Toscano Black 70% chocolate, 150g of unsalted butter, 190ml of double cream, 2 tablespoons of grand Marnier, 24 fresh raspberries.

##### Method:

Line a lightly oiled loaf pan with plastic wrap and set aside.

In a metal bowl set over a pan of simmering water, combine the chocolate and butter and melt until smooth, stirring occasionally. Remove from the heat and fold in the Grand Marnier. Let it cool down.

In a bowl fitted with an electric mixer, beat the double cream until soft peaks form. Whisk about one-third of the cream into the cooled chocolate, then gently fold in the remaining whipped cream. Pour the chocolate mixture into the prepared pan, smoothing the top with a rubber spatula. Cover with plastic wrap and chill it overnight. To serve unmold the marquis cut it in 4 cubes, wash the raspberries and place them on the chocolate.

*Recipe courtesy of The Old Bakery, Lincoln*

CHOCOLATE AND GRAND MARNIER MARQUIS



## Wines from Waitrose Lincoln

MARC DE-HAVILAND

In the past Rosé wines have had somewhat of a tainted reputation, viewed by many as cheap, sweet and nasty. However recently the market has seen a 'Rosé boom' as these wines have become increasingly popular, fashionable and loved by both young and old.

Styles vary widely, but in general, a Rosé wine is much simpler than a true heavyweight white or red wine – even if made from the same grapes. European Rosé wines are generally dry, while Rosé wines from the United States are generally sweet. Sometimes, this distinction is highlighted by referring to sweet Rosé wines as Blush.

Rosé wine is not a blending of red and white wine, it is made from red grape varieties and, nowadays, many winemakers mix a certain amount of white grapes with the red. Red grapes are crushed and only brief contact is allowed between the skins (which contain the coloured pigments and tannins) and the juice (which comes from the colourless flesh of the grape). Rosé wines lack both the deep colour and the tannic structure of red wines made from the same grape varieties, and in this sense are more like white wines, and are best served very cold.

#### WILD ROCK VIN GRIS ROSÉ 2007 NEW ZEALAND £9.99

A deliciously fresh, pale rosé that's ideal with summer salads.

Vin Gris is the palest form of rosé: vinifying black Merlot, Syrah, Pinot Noir and Malbec grapes in a white wine fashion avoids leaching too much colour into the wine from the skins. Spring blossom, and summer fruits make this a perfect summer wine.

#### LE ROSÉ DE FLORIDENE 2008 BORDEAUX, FRANCE £9.99

A fine example of dry Bordeaux rosé with elegant fruit and very fine structure.

This wine is made from Cabernet Sauvignon and Merlot in Denis and Florence Dubourdieu's 30 ha Graves estate. It was harvested by hand and 90% of the juice was obtained by free run after approximately 10 hours' skin contact making it a very delicate and elegant pink.

**DON'T MISS NEXT MONTH'S WINE COLUMN WHEN MARC WILL BE GIVING THE LATEST INFORMATION ON YOUR FAVOURITE WINES.**