

BRANDADE with Fresh Halibut

Ingredients

- 3/4 lbs. halibut
- kosher salt
- 1/2 lb. potatoes; equal parts russet and a yellow-fleshed variety such as Yellow Finn or Yukon Gold
- 3 cup milk
- bay leaf, peppercorns, sprig of thyme, cayenne pepper
- 1/2 onion
- 5 cloves garlic
- 1/4 cup extra virgin olive oil
- 2 stalks green garlic or 2 cloves garlic

Makes: 6 servings

Preparation

1. Salt the halibut very generously with kosher salt. Place in a perforated pan or colander and let sit, refrigerated, for 2 days.
2. Add the herbs, spices, onion and garlic cloves to the milk and heat for 5 minutes, do not let boil.
3. Add the halibut and poach until tender, around 5 to 7 minutes.
4. Gently remove the halibut with a slotted spoon. Remove any bones and skin.
5. Meanwhile peel and chunk the potatoes.
6. Cook in well-seasoned water or better still, use the milk the fish was poached in.
7. When the potatoes are tender, drain and puree them, either in a ricer or a mixer using the paddle attachment.
8. Pull out one third of the potatoes and add the halibut.
9. Mix well, at medium speed if using a mixer, drizzling in the olive oil and a bit of the cooking liquid.
10. Keep mixing and adding liquid until the desired consistency is reached.
11. Pound the green garlic or 2 cloves of garlic to a fine paste in a mortar and pestle and stir into the puree.
12. For an even more full-flavored brandade, pass the onion, garlic and aromatics through a food mill and stir some of this puree in as well.
13. Taste and adjust the seasoning as needed.

Recipe provided by Cooking for Solution/Monterey Bay Aquarium



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