

FlexFusion Favorites:

CIDER POACHED HALIBUT

An awesome menu upgrade!

Low temperature steaming provides gentle but thorough cooking for this tender, succulent fish.

Chef's Hint



Low temperature gives us the flexibility to hold an extra hour or two! Set hold to 3 degrees over internal temp and enjoy a little freedom.

Ingredients

- 1½ lb Halibut (substitute hake or cod)
- 1¼ cup cider
- 2 Tbsp butter
- 2 Tbsp flour
- ¼ cup light cream
- ¼ tsp grated nutmeg
- 1 tsp light brown sugar
- Salt and pepper to taste



Method

1. Divide fish fillets into 4 pieces and season with salt and pepper.
2. Heat butter and stir in flour to make a roux. Set aside.
3. Place fish in perforated pan on top of shallow solid pan. Load into FlexFusion combi oven. Set at steam at 180° F (82° C) Set food probe Done temperature to 135° F (57° C).
4. Remove cooked fish and strain liquid into roux, mix until smooth. Add cream, nutmeg and sugar. Adjust seasoning to taste.
5. Pour sauce over fish at service.

Prepare In

FlexFusion Combi oven
Platinum Series
Gold Series

