

■ Continued from C1

## Main Course

# Norwegian halibut and red king crab with dried tomato and chive gnocchi, rocket carrot salad and concentrated crab sauce

### Ingredients:

1	halibut fillet	2	stalks of celery
2	king crab legs	1	handful green beans
1/4 cup	dried tomatoes	1	bunch tarragon
1	bunch fresh chives	1	spring dill
1	egg	3	russet potatoes
3/4 cup	flour	1	bay leaf
	salt and pepper	5	whole pepper corns
1	cup white wine	1	bunch basil
250 ml	cream	2	tbsp extra virgin olive oil
2	lrg carrots	1	orange
1	onion	1/2 cup	butter
		2	cloves garlic

### Method:

#### For butter poached crab:

1. Take meat out of shell keeping as whole as possible. Save shells and scrap meat and set aside.
2. Cut long crab pieces lengthwise into quarters or halves depending on size.
3. Finely chop tarragon (1/3 cup).
4. Poach crab in butter on low to medium heat for two minutes or until heated, stir in tarragon and serve.

#### For crab sauce:

1. Take one carrot, onion, celery and roughly chop.
2. Heat pot with oil, add mixture and roast until slightly golden.
3. Add basil, bay leaf, peppercorns, some tarragon, and crab shells and left over meat and roast five minutes.
4. Deglaze with white wine. Cook five minutes
5. Add two cups water (or shellfish or chicken stock)
6. Cook over low to medium heat about 45 minutes.
7. Strain. Add cream and reduce, reduce, reduce until a sauce consistency.

#### For gnocchi:

1. Clean potatoes. Poke with holes with fork.
2. Rub with salt and pepper, and extra virgin olive oil.
3. Place in 375F degree oven. When done, remove from oven and remove insides from skin.
4. Rice potatoes and add finely chopped hydrated dried tomatoes, finely chopped chives, egg, and mix.
5. Add flour, salt and pepper. Set aside for 15 minutes.
6. Break in to three sections. Roll out into long thin logs.
7. Cut small one inch size portions. Have a pot with boiling water ready. Add gnocchi to the hot water.
8. Cook until the gnocchi floats (about two minutes).
9. Remove and add to parchment covered sheet.
10. Sprinkle gnocchi with little olive oil, salt and pepper.

#### For service:

1. Heat pan and saute gnocchi until light golden and crispy.

#### For salad:

1. Zest and juice orange. Whisk in to two tbsps olive oil.
2. Add some herbs and set aside.
3. Wash rocket. Peel and cut carrots into small batons, cut beans in half on an angle.
4. Blanch carrots and beans briefly until lightly cooked and then shock in cold water.

#### For service:

1. Pat vegetables dry. Add to rocket. Add dressing.
2. Mix and season to taste

#### For plating:

1. Place sauce down in centre of plate.
2. On one side place gnocchi, butter poached crab and halibut.
3. On other side place salad.
4. Serve.

#### For halibut:

1. Clean halibut and cut into four or five ounce portions.
2. Season with salt and pepper before service.
3. Sear halibut in heated pan with vegetable oil.
4. Place in 350F oven for four minutes.
5. Check doneness.
6. Sprinkle with fresh herbs and serve.

