

Nova Scotia Grilled Halibut with Fresh Strawberry Salsa

The Old Fish Factory, Chef Clyde Blagdon

Salsa

1 pint (½ L) fresh strawberries, cut in chunks

2 tbsp (30 ml) fresh chopped cilantro

3 tbsp (45 ml) olive oil

½ tsp (2 ml) coarse sea salt

½ tsp (2 ml) freshly ground pepper

Juice of ½ lemon, ½ lime and ½ medium-size orange

Directions

Mix all ingredients together, and refrigerate for 15 to 20 minutes.

Makes 2 cups (500 ml) or 6 generous servings

Halibut Filet

2 tbsp (30 ml) olive oil

6x8 oz (200-225 g) fresh halibut filets (1 per person)

Directions

In a frying pan, heat oil on high; sear halibut for 2 minutes on each side. Place halibut in a 350°F (175°C) oven for 5 minutes. Top with chilled salsa and serve immediately.

For 6 people