

Lemongrass-Poached Alaska Halibut



Preparation Time: 5 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

1 stem lemongrass

2 garlic cloves

2 Tablespoons sliced or chopped ginger

1 chopped shallot

3 cups chicken or vegetable stock

4 Alaska Halibut fillets (5 to 6 oz. each), fresh, thawed or frozen

1/2 teaspoon kosher salt

Description:

Break up the lemongrass, smash the garlic, slice the ginger and chop the shallot. Place stock, lemongrass, garlic, shallot and ginger into a large pan; bring to a simmer.

Rinse any ice glaze from frozen Alaska Halibut under cold water. Turn off heat and add halibut to stock, skin side down. Return heat to a simmer (stock should simmer, not boil).

Once simmering, cover the pan tightly and cook 4 to 5 minutes for frozen halibut or 2 minutes for fresh/thawed fish. Turn off the heat and let the fish rest in liquid for 5 minutes, or until opaque throughout.

To serve, season with salt and baste with a bit of broth.

Recipe by Alaska Chef Erik Slater: "The clean and bright combination of lemongrass and ginger with this broth makes an incredibly light and flavorful dish. Perfect for warm days and cold beers on the Mekong...or the Yukon! Goes great with Cauliflower Cilantro Puree and roasted/grilled vegetables!"