

*A little something to whet your  
appetite for June's big event.*

### LEMONGRASS SPEARED BAKED HALIBUT

- 8 each 7-8oz or 200g halibut filet ( Purchase 4 lbs.)
- 1 bunch lemongrass
- 1 whole lemon
- Salt and pepper

Portion the halibut into 8 pieces that are 7-8 oz each. Cut the lemongrass in half lengthwise, if they are really big they can be quartered. Spear the halibut with the lemongrass from one side to the other of the fish. Heat a medium sized hot cast iron or nonstick skillet. Pour a small amount of oil into the pan, season the fish with salt and pepper, and sear in pan for two to three minutes on each side. The fish should be finished in a 375° F oven for a couple of minutes until it is firm to touch.

*Serve with grilled pineapple salsa.*

Find the recipe at [novascotiaseafoodfestival.ca](http://novascotiaseafoodfestival.ca).



For an even bigger taste of fresh Nova Scotia seafood and more, don't miss  
**CATCH, The Nova Scotia Seafood Festival – June 27th and 28th**  
at the Cunard Centre in Halifax.