



CATCH
THE NOVA SCOTIA
Seafood Festival

Seafood, wine,
music and friends
all in one place.

Sounds like the
best fish story ever.

JUNE 19 & 20, 2010

This summer don't miss CATCH, a celebration of quality Nova Scotia seafood. Learn great recipes and meet famous foodies at the Culinary Theatre; explore and taste a world of seafood possibilities; participate in Nova Scotia wine and seafood pairings; move to some live music, and even check out the "The Great CATCH" Chef Competition. It's a weekend of sensory delights featuring the seafood Nova Scotia's famous for. For tickets, details, recipes and more, visit

novascotiaseafoodfestival.ca


NOVA SCOTIA
Fisheries and Aquaculture


NOVA SCOTIA
Come to Life
novascotialive.com

Lobster Tacos with Nova Scotia Salsa & Slaw

*Recipe created for the CATCH festival by Anna Olson,
host of Food Network's Fresh with Anna Olson*

Serves 4

Slaw

3 cups shredded green or red cabbage
½ cup finely sliced celery
½ cup julienne radish
2 tbsp chopped fresh coriander
1 ½ tbsp prepared horseradish
1 tbsp red wine vinegar
1 tbsp honey
salt & pepper

Lobster

2 tbsp butter or olive oil
2 8-oz pkg lobster meat, rinsed
salt & pepper
1 clove garlic, minced
juice of 1 lime
8 small flour tortillas

Salsa

1 cup diced fresh tomato, cut into ½-inch pieces
¾ cup diced English cucumber, cut into ½-inch pieces
2 tbsp finely diced red onion
1 clove garlic, minced
splash red wine vinegar
dash hot sauce
salt & pepper

Toss all Slaw ingredients together and season to taste. Toss all Salsa ingredients together and season to taste. For lobster, heat butter or olive oil in a large sauté pan over medium high heat. Add well-rinsed lobster and season lightly. Sauté until cooked through, about 5 minutes. Add garlic and lime juice or vinegar and sauté one minute more. To assemble, spoon lobster into tortillas, top with salsa and slaw, roll and enjoy!