

Lemongrass- poached halibut



Lemongrass-Poached Halibut

25 min

CA

OR

WA

4

Ingredients

1 stem lemongrass, smashed

2 garlic cloves, smashed

2 tbsp grated ginger

1 chopped shallot

3 cups chicken or veggie stock

4, 5-6 oz. halibut fillets

½ teaspoon kosher

Prepare the poaching liquid by combining lemongrass, garlic, ginger, shallot, and stock; bring to a simmer. Turn off heat and add halibut fillets. Return heat to a simmer, cover the pan and cook for 4-5 minutes for frozen fish or 2 minutes for fresh/thawed fish. Turn off heat and let the fish rest in liquid for 5 minutes. Season with salt and baste with broth to serve.

Recipe and photo courtesy of [Alaska Seafood](#).

Species Group
Halibut