

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