



GRILLED OR PAN SEARED HALIBUT WITH GARDEN MINT BLUEBERRY SALSA

Serves 4

Salsa

1 Cup blueberries

1 Cup mixed red & yellow peppers, finely diced

2 small green onions, chopped fine 1 Tbs. poblano chile, finely chopped

2 Tbs. fresh cilantro, chopped 1/4 Cup fresh mint, chopped

1 Tbs. red wine vinegar

Juice of 2 limes

Juice of 1 lemon

Fish

1 pound halibut fillets, cut into 4 pieces Salt & pepper to taste

4 sprigs mint for garnish

Salsa: Combine ingredients in a small bowl. Refrigerate for 2 -3 hours to allow flavors to develop.

Season the halibut with salt and pepper. Grill over hot coals (or pan sear in hot pan on stove) 4 to 5 minutes per side, turning once, until fish is opaque.

Meanwhile, warm the salsa in a saucepan on very low heat.

To serve, place each fillet on plate and top with warm salsa, garnish with mint

From: Herban Feast Catering/Sweet & Savory Pantry, West Seattle

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This recipe is being suggested as a great method for preparing Puget Sound Fresh ingredients. Please follow safe food-handling practices and check for possible food allergies before preparing and serving any food item.