

Crisped Halibut with Sweet Chili Sauce

Sweet Chili Sauce

1/2 cup sugar
3/4 cup Water
1/2 sweet pepper (stem removed)
2 Tbsp. chopped garlic
2 Tbsp. Sambal Oelek (Asian Chili Sauce)
1/4 cup fish sauce
5 Tbsp. fresh lime juice



Combine water and sugar in saucepan, bring to boil for 3 minutes or reduced by 1/4 (until it thickens slightly), set aside and let cool.

In a food processor put the remaining ingredients together with above syrup, blend until combined.

Halibut can be marinated from an hour to overnight.

Crisped Halibut

1/2 cup flour
2 egg whites
salt and freshly ground pepper
2 Tbsp. vegetable oil
2 Tbsp. chopped fresh mint.

Season flour with salt and pepper, beat egg whites until foamy, beat in salt and pepper.

Preheat Oven to 425.

Heat oil over medium high heat in oven proof skillet. Remove Halibut from marinade, dredge in flour and dip in egg white. Place in pan and fry for 1-2 minutes per side or until golden.

Transfer skillet to oven and bake for 6-8 minutes, fish should be just cooked. Fish will be opaque and moist.

Serve with Spicy Rice

Serve with additional Chili Sauce and garnish with mint

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