



LINGCOD WITH FRESH FRUIT SALSA RECIPE

2-3 lb lingcod fillet cut
into smaller pieces
Grapefruit peeled and cubed
Fresh Pineapple cubed
Mango pitted, peeled and cubed
Avocado pitted and cubed
Red onion julienned
Fresh jalapeno or banana
pepper diced (optional)
Lemon for squeezing
2 teaspoons grated gingerroot
2 tablespoons olive oil or
coconut oil
½ teaspoon light soy sauce

Cooking Directions:

- Place Lingcod in bamboo steamer and set aside
- In a bowl, combine fresh fruits, onions, ground ginger, juices from ½ a lemon and soy sauce. Place in fridge until fish is cooked
- In a wok, bring approx. 2 cups of water and juices from ½ a lemon to boil. Place bamboo steamer over boiling water, cover with lid and steam the fish until cooked. It should take 8-10 minutes and will appear white in color
- Remove lingcod from steamer and top with fresh fruit salsa

This recipe serves nicely on a bed of steamed basmati or wild rice.