



PACIFIC HALIBUT RECIPE

1 Halibut Fillet
Olive oil for glazing
2 cloves crushed garlic
1 teaspoon freshly cracked pepper
1 teaspoon sea salt
1 teaspoon dill
1 large lemon for squeezing

Cooking Directions:

- Lightly coat a baking sheet with olive oil and preheat your oven's broiler
- Rinse the halibut fillet in cold water and pat dry. Place the fish on the baking sheet and lightly glaze with olive oil; squeeze juices of lemon over entire fish, sprinkle with sea salt and pepper, followed by crushed garlic and finally dill.
- Broil until fish is white in color and can be flaked with a fork. The cooking time is approximately 15 minutes, but remember, the thicker the fillet the longer it will take to cook.

This recipe is also doable on BBQ. Follow the same cooking directions except substitute the baking sheet for thick tinfoil. Be sure to wrap the fish in the tinfoil so that it cooks evenly.