

Lemongrass-Speared Baked Halibut with Grilled Pineapple Salsa

Recipe provided by: Chef Sean Doucet, Delta Barrington and Halifax, Halifax, Nova Scotia

Lemongrass Halibut

8 each 7–8 oz. or 200 g halibut fillets (or purchase 4 lbs.)
1 bunch lemongrass
1 whole lemon
Salt and pepper

Portion the halibut into 8 pieces that are 7–8 oz. (200 g) each. Cut the lemongrass in half lengthwise; if they are really big they can be quartered. Spear the halibut with the lemongrass from one side to the other of the fish. Heat a medium-sized cast-iron or nonstick skillet. Pour a small amount of oil into the pan, season the fish with salt and pepper, and sear in pan for 2 to 3 minutes on each side. The fish should be finished in a 375° oven for a couple of minutes until it is firm to touch.

Grilled pineapple salsa

1/2 large pineapple or 2–3 cups (preferably golden as they are sweeter)
1/2 medium red onion
2 Tbsp. (25 mL) rice wine vinegar
1 Tbsp. (15 mL) honey (depending on the sweetness of the pineapple)
1/4 of a large red pepper, finely diced
1 Tbsp. (15 mL) chopped cilantro or parsley
Salt and pepper to taste

Remove the skin from the pineapple, cut the pineapple in half, and remove the core. Cut the pineapple into 1/2-inch (1-cm) thick pieces and place on the hot grill. Grill both sides until they are marked and golden brown in colour. Finely dice the red onion and red pepper. When the pineapple has cooled, dice it twice the size of the onion and pepper. Mix all the ingredients together and season with salt and pepper.

The halibut is very nice served with risotto or even a sweet potato mash.

Makes approx. 8 portions.

Mussels Normandy

Recipe provided by: Chef Craig Flinn, Chives Canadian Bistro, Halifax, Nova Scotia

3 Tbsp. (45 mL) butter
2 Tbsp. (25 mL) garlic/shallots, chopped
2 lbs. (1 kg) mussels
1/4 cup (60 mL) diced apples
1/8 cup (30 mL) hard cider
1/8 cup (30 mL) chicken broth
2 Tbsp. (25 mL) chopped rosemary
1/2 cup (125 mL) heavy cream
1/8 cup (30 mL) green onion
1 cup (250 mL) spinach

Sauté garlic and/or shallots in butter. Add mussels after 1 minute. Cook in butter and onions for 1 minute before adding hard cider. Add apples, broth, cream, and rosemary and cook until reduced two-thirds, and the sauce is thick. Add spinach just before serving and garnish with green onions. Serve with garlic toast or crusty French bread. Season with salt and pepper to taste.

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FOR FURTHER INFORMATION CONTACT:

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Special thanks to all of the chefs who contributed their recipes for your enjoyment.

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Catch of the day?

That leaves you a lot of choice when you live in Nova Scotia!

In celebration of the awesome variety of fresh, quality seafood and aquaculture available to us in Nova Scotia, we have provided you with some of our favourite Nova Scotia recipes. Some traditional, others with a twist, and some for the creative at heart... all with one common ingredient... Nova Scotia seafood. Enjoy!

Presented by:

Nova Scotia chefs in co-operation with the Nova Scotia Department of Agriculture and Nova Scotia Fisheries and Aquaculture.

For information on buying, storing, and preparing seafood, as well as additional recipes and nutritional information, visit:
<http://www.gov.ns.ca/nsaf/marketing>

Maple-cured and Smoked Nova Scotia Arctic Charr with Blueberry Salsa

Recipe provided by:
Chef Ray Bear, Prince George Hotel, Halifax, Nova Scotia

2 Arctic charr, 3–4 lbs. (1.5–2 kg) each, cleaned and filleted, pin bones removed; remove and reserve skin
1 cup (250 mL) of Nova Scotia maple syrup
1 lemon
salt to taste

wood chips and smoker

Portion each side of fish into two, leaving you with eight even portions. Place fish “presentation side” down in a shallow pan, cover with maple syrup. Cure fish in the maple syrup in refrigerator for 12 to 18 hours.

Remove charr from syrup and place on a cooling rack for 15 minutes to drain excess syrup off the fish. Place fish in preheated hot smoker for 3 minutes. The fish should not be overpowered with smoke flavour, just enough to taste.

Squeeze fresh lemon juice on the fish before baking. This will help cut through the maple’s sweetness and add a bit of freshness to the fish.

On a nonstick baking sheet, place fish presentation side up, in preheated 350° oven for 8 minutes.

Remove fish from oven, place on individual plates, and garnish with the Nova Scotian blueberry salsa, season with finishing salt, and place the crisp charr crackling on top.

Blueberry salsa

1 cup (250 mL) of local blueberries, sliced in halves
1 shallot, minced
1 Tbsp. (15 mL) of cilantro, chopped
2 Tbsp. (25 mL) of extra virgin olive oil
1/2 tsp. (2 mL) of sugar
1 Tbsp. (15 mL) of red wine or sherry vinegar
pinch of salt

Toss all ingredients together in a bowl and let sit to develop flavour for at least an hour.

Optional: Crisp charr crackling

Portion Arctic charr skin into 2-inch (5-cm) wide pieces and place flat on parchment paper or a silmat, then onto a flat cookie sheet. Season the skin with a little salt and cover with another piece of parchment or silmat. Place another flat cookie sheet on the top to weigh the skins down. Bake in a 250° oven for about an hour, checking after 45 minutes for doneness. The skins should be flat, shiny, and crisp, and the perfect garnish for the maple-smoked blueberry Arctic charr.

Makes approx. 8 portions.

Canada Gold Seafood Crepes

Recipe provided by:
Chef Rob MacIsaac, Atlantic Culinary Innovations and Crepe Innovations, Truro, Nova Scotia

olive oil
2 cloves garlic, crushed
1/4 cup (60 mL) shrimp
1/4 cup (60 mL) scallops
1/4 cup (60 mL) lobster
1/4 cup (60 mL) haddock
1/4 cup (60 mL) salmon
1/4 cup (60 mL) heavy cream
1/4 cup (60 mL) white wine
2 Tbsp. (25 mL) chopped, fresh dill
salt and pepper to taste
4 crepes

Method:

Preheat a sauté pan and add a little olive oil. Sauté the garlic first; then add the seafood and sauté quickly. Deglaze the pan with white wine. Add the cream and reduce by three-quarters. Add the dill and simmer. Remove the mixture from the heat to cool. Season with salt and pepper. Take a crepe and add the mixture. Fold over the ends and roll into a cylinder. Place in an oven-proof pan and reheat to serve.

Makes 4 crepes.

Lobster Frittata

Recipe provided by:
Chef Michael Howell, Tempest Restaurant, Wolfville, Nova Scotia

2 Tbsp. (25 mL) butter
1/4 cup (60 mL) shallots
1/2 cup (125 mL) heavy cream
1/4 cup (60 mL) roasted red pepper, chopped
1/4 cup (60 mL) green onions
1 lb. (500 g) lobster meat, chopped
Salt, pepper, Tabasco, paprika to taste
12 extra-large eggs
1 cup (250 mL) asiago cheese, grated

Sweat shallots 3-4 minutes in butter; add cream and reduce 1 minute. Add red pepper, green onions, lobster, and seasonings. Stir to heat lobster through.

Combine in a large bowl with the eggs, beaten, and the cheese. In a 12" (30-cm) nonstick pan coated with butter, cook over medium low heat (no colour!) 5 minutes, then bake in a medium oven until set.

Makes approx. 8 portions

