



45°N
63°W

NOVA SCOTIA HALIBUT TACO

with Pineapple Pico De Gallo and Chipotle Crema

INGREDIENTS:

1 ½ pound Nova Scotia Halibut Loin

CREMA

- Juice of 1 lime
- Pinch of salt
- 250ml full fat sour cream
- 2 chipotle peppers in adobo sauce, finely chopped. *Will form a paste.*
- ¼ cup fresh basil, chopped
- ¼ cup scallions, sliced
- 1 shallot or small red onion, diced

PICO DE GALLO

- ½ cup fresh pineapple, finely diced
- 1 tomato, finely diced
- ½ red onion, diced
- ½ of a seeded jalapeño pepper, diced
- 1 clove of garlic, minced
- ¼ cup basil, chopped
- 10-12 corn tortillas
- Vegetable oil
- Butter

INSTRUCTIONS:

HALIBUT

Dry halibut by patting with a paper towel. Heat a pan over medium high heat with 1 Tbsp of vegetable oil. Once pan is very hot, add halibut skin down. You should hear a sizzle. Leave fish to cook without moving for 4-6 minutes. Carefully flip the fish over and add Tbsp of butter to the pan. This will give additional flavour and colour to the halibut. After 5 minutes, remove fish from pan and let rest skin side down, to dry. Once cooled, use a fork to break the fish into small pieces.

CHIPOTLE CREMA

In a second medium bowl, mix together sour cream, chipotle peppers, ½ of the basil, scallions, garlic, shallot, and lime juice.

PINEAPPLE PICO DE GALLO

In a third bowl, mix together pineapple, tomato, red onion, jalapeño, garlic, remaining basil, and lime juice.

TORTILLAS

Turn BBQ on high and place the tortillas flat on to the hottest part of the grill. Keep a close eye on them as they burn fast but, you want to have some charred marks to heighten the flavour of the tacos.

To assemble the tacos, toss Halibut in 3 Tbsp of Chipotle Crema. Season to taste. Add Halibut mixture to a grilled tortilla. Top each with a generous dollop of Pineapple Pico De Gallo.

Recipe provided by Andy Hay, Masterchef Canada.