



## Cornell Health & Nutrition Balanced Choices for Life

### Recipes

#### DINNER: Poached Halibut

(Note: Halibut is a great fish to introduce to your family because it has a very, very mild flavor. This recipe gently poaches the fish so it is moist and lemony, and not at all oily or fishy.)

Serves 4

#### Ingredients

3 lemons, 2 sliced into ¼" thick rounds, 1 juiced  
4 halibut steaks – about 6 oz each  
¼ cup capers, drained and rinsed  
1/3 cup flat leaf parsley, chopped  
2 cups olive oil

#### Directions

1. Preheat oven to 250.
2. Salt and pepper the halibut on both sides
3. In the smallest baking dish that can hold all the filets tightly in one layer, cover the bottom with lemon slices.
4. Lay the halibut steaks on the lemon slices. Place 1 more lemon slice on top of each steak
5. Sprinkle the capers and chopped parsley between the halibut steaks
6. Add the lemon juice to the olive oil and pour over the fish – you want the oil to almost cover the steaks
7. Bake for 1 hour
8. Serve each steak leaving the lemon on top and sprinkle with more fresh parsley.

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