



Recipes

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Tandoori Halibut

Serves 12

Ingredients:

16 oz. (2 cups) Plain Lowfat Yogurt
1/2 oz. (1 Tbs.) Garlic , minced
1/4 oz. (1 Tbs.) ground Cumin
1/4 oz. (1 Tbs.) ground Coriander
1/4 oz. (1 tsp.) Salt
1/2 oz. (3 tsp.) fresh Ginger , minced
3/4 tsp. Cayenne Pepper Sauce Pepper
3/4 oz. (2 tsp.) Lemon Juice
1 1/2 oz. (0.25 cup) Vegetable Oil
2/5 oz. (1 Tbs. + 1 tsp.) Curry Powder
2 1/2 lbs. Halibut Steaks
4 oz. (0.5 cup) Sour Cream

Directions:

1. Mix first 10 ingredients in a large bowl. Remove 6 oz. (0.66 cup) tandoori and reserve for dressing. Add halibut to remaining tandoori marinade and toss gently to coat. Cover and refrigerate for 1 hour. Fish may be marinated up to 8 hours.
2. Prepare barbecue or broiler. Place halibut steaks on grill. Grill until cooked through, about 5 minutes. Cut off skin and cut into 1-2" chunks.
3. Combine the reserved tandoori with sour cream and reserve as a dressing.