

# Vietnamese Halibut Salad

The Vietnamese Halibut fish salad is a fresh and healthy dish that is easy to make and tastes great. The fish salad is a great complimentary dish to any main course and is a family favorite in my household.

## Ingredients

- (12 oz) california halibut
- 1/2 red bell pepper
- 1/2 yellow bell pepper
- (1) carrot
- 4 oz pickled lotus roots
- 1/4 cup fish sauce
- 2 tbs white sugar
- 1 cup lemon juice
- (8) tiger shrimp (13/15 size)

## Vinegar Solution

- 1 cup white vinegar
- 1 cup white sugar
- 3 cup warm water
- 1 tbs salt

## Optional Ingredients

- cucumber
- celery stock
- 1/2 cup peanuts
- 1/2 cup fried white onions
- (1) red chilli

**1** Julienne & pickled vegetables - On a cutting board julian vegetables and place into a large bowl. Mix the white vinegar, water, sugar and salt combination to create the pickling mixture. Combine the Julienne vinegar with the vinegar mixture. Set aside in the refrigerator for (4 hours minimum). This will provide the base of the salad.

**2** Tiger Prawns – Clean the large tiger prawns and boil until fully cooked. Remove any veins and half each prawn. Place in a small bowl and set aside in the refrigerator.

**3** Acid Cooked Halibut – Cut the halibut fillets into 1/2 inch portions. Combine with the lemon juice until halibut fillets are covered. Set aside the halibut until acid has cooked the fillets and have turned them white. Remove the halibut from the acid solution and squeeze any remaining from juice from the fish.

**Note:** I recommend halibut fillets be frozen in a freezer for a week to kill any potential harmful parasites.

**4** Combining the Salad – remove the pickled vegetables from the refrigerator and squeeze any excess vinegar solution from the vegetables. In a large bowl combine pickled vegetables, halibut, and prawns into a serving bowl.

In a small mixing bowl combine the fish sauce and sugar and add the mixture to the salad to taste.

**Optional:** Peanuts, Red Chilli and Fried Onions are optional ingredients to enhanced the taste.

This dish is best served chilled.

