

Cumin-Crusted Halibut Steaks

Makes 4 servings

1 Tbsp cumin seeds (for best flavour) or ground cumin
¼ to ½ tsp salt
¼ tsp black pepper
1 lb skinless halibut or other white fish (sea bass, mackerel, cod)
2 tsp olive oil
 lemon wedges

1. In a non-stick skillet over medium heat, toast cumin seeds, stirring for 2 minutes or until golden. Place seeds in coffee or spice grinder, or hand grind using a mortar and pestle. If you are unable to do this, simply use cumin already ground.
2. Mix cumin, salt and pepper together. Rub mixture on both sides of the fish.
3. Heat olive oil in a large non-stick skillet over medium-high heat. Add fish, in batches, if necessary, and cook for 2 minutes per side or until browned.
4. Return all fish to skillet and wrap handle with foil or transfer to an oven-proof pan. Bake in preheated oven for 5 minutes or until fish is opaque and flakes easily when tested with a fork. Depending on the type of fish and thickness, cooking times will vary.
5. Serve with lemon wedges.