

DALE'S HAPPY HALIBUT

Dale K. Poulin, North Vancouver, BC

- halibut fillets, approximately ½ lb. per person
- olive oil
- 4 garlic cloves, freshly chopped
- creamy ranch style salad dressing
- Parmesan cheese, freshly grated

Remove skin from fillet. Heat oil in wok until oil just starts to smoke. Add garlic. Braise halibut, approximately one minute each side. Garlic will stick to fish (this is good) do not leave too long in wok! (Better too little than too much.) Place halibut in casserole dish. Cover the fish completely with salad dressing. Sprinkle liberally with Parmesan cheese. Cook uncovered at 350 degrees for 25 to 30 minutes.

Serve with rice, salad and corn on the cob. Enjoy!