
Seared Arctic Char with Gremolata and Ginger/Lime Beurre Blanc

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

Servings: 4

Preparation Time: 30 minutes

Start to Finish Time: 45 minutes

2 pounds Arctic Char
2 tablespoons olive oil
salt and pepper, to taste

GREMOLATA

1 1/2 tablespoons fresh cilantro, finely chopped
1 clove garlic, finely chopped
3/4 tablespoon lime zest, finely chopped

BEURRE BLANC

2 tablespoons shallots, minced
1 tablespoon ginger, peeled and grated
3 tablespoons fresh lime juice
1/4 cup dry white wine
1/4 cup cream
1 stick unsalted butter
salt and white pepper, to taste

Make Gremolata: Stir cilantro, garlic and lime zest together in a small bowl. Set aside.

Make Beurre Blanc: Simmer shallots and ginger in lime juice and wine in a small heavy saucepan until liquid is reduced to about 2 tablespoons. Add cream and reduce volume to about half. Whisk in butter 1 tablespoon at a time, adding each new piece before previous one has completely melted and occasionally lifting pan from heat to cool mixture. (Sauce must not get too hot or it will separate.) Season with salt and white pepper and keep warm while searing the Arctic Char.

Place the olive oil in a heavy skillet and place the seasoned fish in the pan skin side up. Sear at medium-high heat for 2 to 3 minutes and turn fish. Sear an additional 2 to 3 minutes. Place the entire pan in a 350 degree oven for 5 minutes or until the flesh is no longer transparent.

Plate the Arctic Char, sprinkle with Gremolata and serve with Beurre Blanc Sauce.
