



Oh My Arctic Char

Jacob · 28/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

2

Description

This arctic char recipe has perfectly balanced flavors Im a huge fish fan and always looking for new ways to make fish I couldnt find any recipe that sounded tasty on the net for arctic char so I decided to try my cooking talent and come up with my own recipe My husband and I couldnt believe how delicious this turned out He wasnt hungry that night and ate most of the fish haha This recipe will not disappoint

Ingredients

- - 1 (10 ounce) fillet arctic char
- rinsed and patted dry - sea salt to taste - 1 lime
- zested and juiced - ¼ cup olive oil - ¼ cup sherry wine - 3 sprigs rosemary
- leaves stripped - 2 cloves garlic - ¼ teaspoon cayenne pepper
- or to taste - ground black pepper to taste

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Preheat the oven to 400 degrees F (200 degrees C).
Line a baking dish with aluminum foil. Season arctic char with sea salt
2. place in the prepared baking dish
3. and sprinkle with lime zest. Dotdash Meredith Food Studios Combine lime juice
4. olive oil
5. sherry
6. rosemary
7. and garlic in a food processor; pulse until garlic is finely chopped. Dotdash Meredith Food Studios Spread mixture over fish; season with cayenne pepper and black pepper. Dotdash Meredith Food Studios Bake in the preheated oven until fish flakes easily with a fork
8. 12 to 15 minutes
9. basting with pan juices about halfway through. When fish is close to being fully cooked
10. switch the oven to broil. Cook until the top is browned
11. about 2 minutes. Dotdash Meredith Food Studios