

Butter Basted Arctic Char with Mustard Dill Sauce, Chive New Potatoes & Roasted Asparagus in Balsamic Reduction

Serves Four:

Ingredients

Mustard Dill Sauce:

6 ounces Greek yogurt, 0%
2 teaspoons coarse ground mustard
zest of 1/2 lemon
1 tablespoon lemon juice (half a lemon)
1 teaspoon honey
1 tablespoon dill, minced
kosher salt and freshly ground black pepper

1 1/2 pound baby new potatoes
1 1/2 pound asparagus
2 tablespoons olive oil, divided
2 tablespoons unsalted butter, divided
sea salt, kosher salt and freshly ground black pepper
1 tablespoon grapeseed oil
1 1/2 pound arctic char fillet
1 tablespoon chives, chopped

Balsamic Reduction:

1/2 cup balsamic vinegar
1 tablespoon honey
1 teaspoon chopped garlic
1 teaspoon chopped ginger

Preparation

Make Mustard Dill Sauce ahead: mix Greek yogurt with whole grain mustard.
Add lemon zest and juice, a bit of honey, kosher salt and ground black pepper, and finely chopped dill.
Set aside until ready to serve.

Peel one inch of skin from center of new potatoes using a paring knife.
Add to a pot of salted water and bring to a boil.
Boil for 10 minutes, or until potato slips easily from a knife.
Rinse under cold water and dry.

Preheat oven to 400 degrees.

Trim fibrous ends from asparagus stalks.

Toss with 1 tablespoon olive oil, sea salt and freshly ground black pepper.

Place on baking sheet and roast for 20 to 30 minutes, turning once.

Heat grapeseed oil in heavy saute pan until shimmering.

Season both sides of arctic char fillets with kosher salt and freshly ground pepper.

Add fillets flesh side down to hot pan and cook for 5 minutes, until nicely seared.

Add 1 tablespoon unsalted butter to pan.

Using a fish spatula, gently flip fillets so that skin side is down.

Baste with melted butter and cook for 3 to 4 minutes longer.

Heat another skillet over medium heat and add 1 tablespoon each olive oil and butter.

Add boiled potatoes to pan and saute until nicely golden.

Season with sea salt and ground pepper and toss with freshly chopped chives.

To make Balsamic Reduction: combine ingredients in saucepan .

Bring to low boil over low to medium-low heat.

Reduce to 1/4 cup, about 15 to 20 minutes.

Using a fine sieve, strain sauce.

Drizzle over roasted asparagus and serve immediately.

Plate arctic char fillets and serve with Mustard Dill Sauce.

Accompany with new potatoes and roasted asparagus.

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