

Arctic Char with Blood Orange Salad

Recipe courtesy of Chef Nick Leahy from Aix and Niceland seafood.

Ingredients

1 filet of arctic char
1 lemon, zested
Salt to taste

Blood Orange Salad

½ bunch of parsley, picked
Supremes of 3 blood oranges
2 tbsp of olive oil
1 radish, sliced
Salt to taste

Lemon and Herb Sauce

½ bunch parsley, chopped
2 serrano peppers, chopped
½ cup of olive oil
3 tsp white balsamic vinegar
2 cloves garlic, roasted
1 lemon, juiced and zested

Method

Set the EGG for direct cooking without the convEGGtor to 400°F with a cast iron grate on the flat side.

Add the lemon zest to both sides of the arctic char and set aside. Mix together all the ingredients for the blood orange salad and set aside. Mix together all the ingredients for the lemon and herb sauce and set aside.

Lightly oil the cast iron grate with a basting brush. Remove any excess moisture on the arctic char's skin with a paper towel and add the salt. Cook the fish skin side down for 5 minutes. Flip and cook for another 3-5 minutes. While the fish is cooking prepare your plate by spreading the lemon and herb sauce liberally on the plate. Remove the char from the EGG and place the fish flesh side down on the sauce.

Serve immediately with the blood orange salad.

