

Pan Roasted Miso Glazed Arctic Char with Sweet Corn Hash and Meyer Lemon Vinaigrette

(4 Portions)

4 ea. 4 oz portions of fresh Arctic Char

*Note- use a kitchen or paper towel to pat dry all excess moisture.

¼ oz extra virgin olive oil (for sautéing)

Sweet Corn and Potato Hash-

6 oz Parboiled B Sized Potatoes sliced. Red or White potatoes work well. (12-14 each)

8 oz sweet corn cut off the cob.

1 oz sliced green onions

3 sprigs of fresh parsley chopped

Cracked Black Pepper to taste

Meyer lemon Vinaigrette-

2 oz Meyer juice (about two lemons)

1 oz minced shallot

¼ cup extra virgin olive oil

½ oz white sugar

2 sprigs fresh thyme stems removed

Cracked Black Pepper to taste

In a small mixing bowl combine all of the above ingredients and blend together with wire whip. (Set aside for later assembly.)

Miso Glaze-

1 oz miso paste

1 oz honey

2 oz cold water

In a small mixing bowl combine the above ingredients and blend together with wire whip. (Set aside for later assembly.)

For the garnish-

2 oz shelled Edamame (shelled boiled soybeans)

2 oz red grape tomatoes cut into quarters

1 oz fresh avocado sliced thin for fanning out atop the fish

Black sesame seeds just a dash for color (about 1/8 of an oz)

(Set aside for later assembly.)

Preparation

1. Heat a non stick medium sized sauté pan on medium high heat and add a small amount of extra virgin olive oil about half of the ¼ oz used for sautéing. Add to the sauté pan the parboiled sliced potatoes cook for about one minute and continue to stir the potatoes. Then add in the fresh sweet corn and cracked black pepper continue to cook about two more minutes continually moving the pan. Allow hash to become slightly browned and add in green onions and chopped parsley. Remove mixture from heat and let sit in sauté pan until fish is started.
2. In a second nonstick sauté pan add remaining extra virgin olive oil and heat on medium high heat. When oil starts to lightly smoke add the patted dry Arctic Char and cook flesh side down for about one minute. The char should be slightly browned on one side, now flip fish over to the skin side and turn heat off after about 30 seconds. The fish will now be ready for the miso glaze. *Note its best to use a plastic pancake flipper for this task.
3. While the fish is still in the sauté pan use a spoon or a pastry brush to lightly glaze the fish with the pre prepared miso glaze.
4. Spoon out the sweet corn hash on to the center of your serving plate and set miso glazed fish on top of hash.
5. Next place the garnish of shelled edamame, grape tomato around the fish and hash mixture, then slice thin the avocado and place it atop the fish in a fan type pattern and sprinkle black sesame seeds.
6. Before serving stir vinaigrette one more time. Drizzle Meyer lemon vinaigrette around fish and sweet corn hash and serve.