

Arctic Char with Roasted Garlic & Rosemary

Ingredients

2 each Arctic Char fillets
2 medium garlic cloves
1/4 cup grapeseed / canola oil
1/4 cup fresh lemon juice
Leaves from 3 springs fresh rosemary
Salt and pepper

Directions

Preheat oven to 350°. Slice off top of garlic bulbs, wrap in foil and roast for 1 hour. Set aside and allow bulbs to cool. Squeeze the roasted garlic from the bulbs into a food processor and add the oil, lemon juice and rosemary. Process until mixture is smooth. Raise the oven temperature to 400°. Place fillets on well oiled, foil covered baking sheet. Salt and pepper fish liberally. Spread puree over the fillets, making sure all the fish is well covered. Let fish marinate in refrigerator for 30 minutes. Bake fish for 12-15 minutes, until the meat flakes easily with fork. Broil for 2 minutes to brown the tops of the fish.

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