

## Polenta-Crusted Arctic Char, Fingerling Potatoes, Oven-roasted Tomatoes, Spinach

- 1 # Fingerling potatoes, washed and cut in half lengthwise
  - 2 Tbs. Extra virgin olive oil
  - 2 Tbs. Fresh oregano, chopped
  - 4 8 oz. Portions arctic char, cleaned and pin bones removed
  - ¼ C. Polenta (Fine cornmeal is okay, too.)
  - 3 Tbs. Olive oil
  - ½ C. **Oven-roasted Tomatoes** (If you choose not to make these. look for these in the refrigerated specialty foods section of the grocery store. They should come packed in olive oil.)
  - ½ C. Chicken stock
  - ½ # Baby spinach, picked and washed
  - ¼ C. Whole butter, cut into small pieces.
- Kosher salt  
Black pepper

1. Do **Oven-roasted Tomatoes** well ahead of time.
2. Preheat oven to 375 °. Toss potatoes with extra virgin olive oil and oregano. Season well with salt and pepper. Spread on a sheet pan and roast in the oven until done. Reduce oven to holding temperature and keep potatoes hot.
3. Heat a wide, shallow skillet on the stove. Season arctic char with salt and pepper. Dredge well in cornmeal.
4. Place olive oil in skillet. When hot but not smoking, lay arctic char in oil. Brown lightly on both sides and remove to a tray. Hold in oven. (Salmonids are best at around medium rare, or cooked to within the range of 135 to 145°. Well done is around 180°. If you quickly brown the crust and hold in the oven while you finish the sauce, you will probably end up right around medium rare.)
5. Wipe out skillet. Add tomatoes and chicken stock. Bring to a simmer and reduce by about 1/3. It should look like loose, chunky marinara at this point.
6. Add spinach and begin to whisk in butter. You should add a piece or two at a time and whisk until it is incorporated. Do not heat to a simmer at this point. The sauce should be a lovely pink with dark green, barely-wilted spinach floating in it. Continue until all butter is incorporated.
7. Remove potatoes and arctic char from oven. Place a mound of potatoes in the center of four plates. Sauce generously around each pile. Lay a char filet across the top.

(oven roasted tomatoes next page)

**Oven-roasted Tomatoes**

2 # Roma tomatoes (or Plum tomatoes)

3-4 Tbs. picked fresh thyme

2-3 Tbs. Extra virgin olive oil

Kosher salt

Black pepper

1. Place oven on low 180° or whatever the lowest setting is. Wash and dry tomatoes. Cut the tomatoes in half lengthwise (through the tip and the stem). Toss with thyme and extra virgin olive oil. Season well with salt and pepper.
2. Spread cut side up on a sheet pan. Bake in the oven until a lot of moisture has evaporated. I like to leave them overnight. You'll want to play with the time to get them to a dryness that appeals to you.