

# Arctic Char with Blistered Cherry Tomatoes in Garlic Olive Oil

OCEAN-FRIENDLY RECIPE



## INGREDIENTS

(Serves 2)

1/4 cup extra virgin olive oil  
4 cloves garlic, each cut in half  
2 pints cherry tomatoes  
Salt  
Two 5-ounce portions skin on Arctic Char Fillet

## DIRECTIONS

Preheat the broiler.

Set a large cast-steel or cast-iron skillet on the stove over high heat until it is smoking hot. Add the olive oil and garlic. Cook the garlic until it is blistered and golden brown. Add the tomatoes, but do this very carefully, otherwise searing hot oil will splash up onto to you. Cook until the skins of the tomatoes begin to blister in the hot oil, about 1 minute, then season very generously with salt.

Carefully place the char fillets, skin side up, on top of the tomatoes and transfer the pan under the broiler. Cook for 6 minutes, then check on the fillets. The skin should be blistered and bubbling. Remove the char fillets to serving plates. Spoon the tomatoes onto the char fillets and serve immediately.

Serves 2, but the recipe can easily be doubled by using two pans.

Photo by: Katie Stoops

Credit: Chef Barton Seaver's recipe is from "*For Cod and Country*" (Sterling Epicure).