



Baked Arctic Char with Lemon Parmesan Risotto

With Preserved Lemon and Ginger Tomato Relish

Camine Pappas / Serves 4 / March 2021

FISH:

1 ½ lb. arctic char filet cut into 4 servings rubbed with 2 T olive oil and lightly salted and peppered

RISOTTO:

1 C arborio rice
8 C simmering water
2 Knorr vegetable bouillon cubes
1 Knorr beef bouillon cube
2 T chopped preserved lemons
1 T grated fresh ginger
1 T garlic sliced thinly
¼ C heavy cream
¼ C dry white wine
¼ C finely chopped fresh flat leaf parsley
2 T olive oil
¼ sweet white onion thinly sliced
½ C rough grated fine parmigiana reggiano cheese
1 ½ t kosher salt
¾ t black pepper



TOMATO RELISH:

Enough heirloom tomatoes seeded and cut into large chunks to make 2 ½ C
1 small jalapeño diced
½ small shallot diced
1 T olive oil
1 t grated fresh ginger
2 t chopped fresh preserved lemon
½ t kosher salt
½ t black pepper
Fresh chives to garnish



METHOD:

Seed and chop tomatoes. Add all other ingredients. Mix and set aside. No need to refrigerate as it does well with all the flavors melding at room temperature.

For risotto, bring 8 C of water to a boil, then lower heat, add the three cubes of bouillon and dissolve. Keep it at a simmer but not a boil. Set a huge ladle in the liquid and keep close to the pan for the risotto. Now bring a very

large saucepan to high heat and add the oil. Then add the onions and let them sweat. Add the garlic, preserved lemon and the rice and stir on medium high heat until the rice begins to slightly toast, about 3 minutes, stirring constantly. Add the fresh ginger, salt and pepper, and then deglaze with the white wine. Lower heat to medium and then ladle in the first of the stock from the dissolved bouillon about ½ C at a time. Stir and bit and let bubble on medium low until the liquid is absorbed. Repeat this process for about 40 minutes until the rice is soft and swollen and creamy. You may only use about 6 cups, but you don't want to run out! Now add the cheese, parsley, and the cream and stir. Cover with lid and let sit on very low while you cook the fish.

Preheat oven to 450 degrees F so it is hot when the risotto is done. Place char filets in a large baking dish set about an inch apart on top of parchment paper. Bake for about 8 – 10 minutes until barely opaque.

To plate nest the fish on top of the serving of risotto, cover with some of the tomato relish, and garnish with the chives.

©Recipe and Photo Copyright Camine Pappas, 2021. All rights reserved.