

Crisp-Skinned Arctic Char

By Deborah Reid August/September 2017 Issue



photo: Scott Phillips

Servings: 4

Arctic char's silky texture is beautifully countered by skin crisped to perfection using this easy method. (You can cook salmon or trout fillets in this same manner.) Brightly flavored Smashed Potatoes and Peas with Lemon and Dill are a perfect accompaniment for the fish; if serving it with them, top the fish with a sprig of fresh dill, if you like.

Ingredients

2 to 3 Tbs. olive oil

4 5-oz. skin-on Arctic char fillets

Kosher salt and freshly ground black pepper

4 lemon wedges, for serving

Preparation

Heat the oil in a 12-inch cast-iron skillet or nonstick pan over medium-low heat. Season the fish well with salt and pepper. Cook, skin side down and undisturbed, for 7 minutes. The fillets will cook from the bottom up so that the flesh stays moist while the skin gets so crisp that it crackles; if the skin becomes crisp before the top of the fish finishes cooking (it should look just opaque), flip it over and cook very briefly to finish. Serve with a lemon wedge.



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