



SAUTEED ARTIC CHAR FILLETS

4 – 6 Artic Char fillets
Sea salt and black pepper
1/2 cup all purpose flour
1 Tbsp. Borsari Orange Ginger Seasoning Salt
4 Tbsp. Canola oil
1 lemon, cut into wedges

Place the flour and Borsari seasoning in a Ziploc bag. Pat fish fillets dry with paper towels. Season both sides of fillets with salt and pepper; let stand until fillets are glistening with moisture, about 5 minutes.

Place one fillet in Ziploc and shake to coat the fish completely. Remove the fillet and place on a plate. Repeat process for other 3 fillets.

Heat the Canola oil in a 12-inch nonstick skillet over high heat until shimmering, but not smoking. Place one or two fillets in a skillet in a single layer and immediately reduce heat to medium-high. Cook without moving the fillet about 3-4 minutes. Using a metal spatula, gently flip fillets. Cook on second side about 2 – 3 minutes.

Transfer cooked fillets to a warm serving platter and tent with foil.

Add next two fillets to skillet and repeat cooking process. Remove from the skillet onto the serving platter. Garnish with lemon slices and serve immediately.

Makes 4 servings