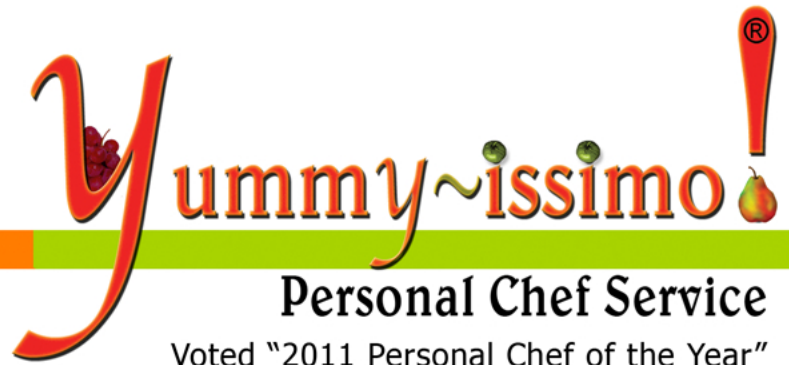


Scallion Crusted Arctic Char



Personal Chef Service

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 Best Caterer"

Modified from: www.epicurious.com

Serves 2

6 scallions (green onions), white and green parts

1T mayonnaise

salt and pepper

2 ~ 6oz arctic char filets

Preheat broiler and line inside of broiler pan with foil.

Finely chop white and green parts of scallions and mix well with mayonnaise.

Place arctic char filets, skin side down, on broiler pan sprayed with non~stick cooking spray. Spread scallion mixture evenly over tops of filets.

Broil 3~4" from heat or until scallions are slightly charred and fish is just cooked through ~ about 8 minutes.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by

meijer

Debbie Spangler ~ Certified Personal Chef

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