

Easy Arctic Char

Quick seared and oven finished Arctic Char is so easy and the flavor is absolutely restaurant worthy. This mild fish tastes like rich trout.

- Prep Time 5 minutes mins
- Cook Time 8 minutes mins
- Total Time 13 minutes mins

Course: Main Dish

Cuisine: American

Keyword: East Arctic Char

Servings: 2 People

Calories: 175kcal

Ingredients

- 2 6 oz Arctic Char, filets
- 1/4 Tsp Salt
- 1 Tbsp Clarified butter Ghee

Instructions

- Preheat oven to 350 degrees F
- Salt and pepper Arctic Char filets.
- In an oven proof frying pan over medium high heat, add clarified butter and when hot add the Arctic Char filets flesh side down. Allow to cook 3 minutes until well browned. Turn filets over and immediately place in oven for 4-5 minutes, just until filets are firm.