

Easy Baked Maple Glazed Arctic Char – with Karen’s notes

Serves/Makes: 4

Ingredients:

- 4 fresh Arctic Char fillets (about 6 ounces each) - each fillet slit with 3 diagonal slices on both sides
- 3 tablespoons maple syrup
- 2 tablespoons soy sauce
- 1 tablespoon fresh ginger
- 1 1/2 teaspoons cornstarch, dissolved in 1 tablespoon cold water
- 1 scallion, sliced thin (white part + about 2-3 inches of the green) - optional
- 1 tablespoon toasted sliced almonds - optional

How to cook:

- In a small bowl whisk together the syrup through cornstarch solution until smooth.
- Place the Arctic Char fillets skin-side-down in a shallow baking pan that’s been lightly olive oiled.
- Pour the syrup mixture over the Arctic Char.
- Bake about 15-18 minutes at 450°F until the fish flakes easily baste with glaze at about 9 mins / halfway through cooking.
- Sprinkle the Baked Maple Glazed Arctic Char with the optional scallion and almonds before serving.

Recipe from:

http://www.all-fish-seafood-recipes.com/index.cfm/recipe/Easy_Baked_Maple_Glazed_Arctic_Char