

Blueberry Glazed Arctic Char

Ingredients

2 lbs Arctic Char, cut into serving size pieces
3/4 cup Chicken Stock
1/4 cup Balsamic Vinegar
1/4 cup Orange Juice
1 tsp Honey
1 tbsp Cornstarch
1 cup fresh Blueberries
2 tsp chopped Fresh Chives
2 tbsp Olive Oil
Salt & Pepper to taste

Directions

Pour 1/2 cup of the chicken stock, balsamic vinegar, orange juice and honey into a saucepan. Bring to a boil over high heat, then reduce to medium. Dissolve cornstarch in 1/4 cup of the chicken stock, and stir into the simmering sauce. Cook and stir 1-2 minutes until the sauce thickens and turns clear. Stir in the blueberries and chives. Keep sauce warm over low heat.

Pre-heat grill to medium high heat. Brush grill racks & fish with oil. Season with salt and pepper. Grill until fish flakes easily, about 3-4 minutes per side. Serve with blueberry sauce.

Get Fresh

Reading, PA

610-670-2500

adelphiaseafood.com

