

Alaska Pollock a la Plancha



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 4

Ingredients:

4 each Alaska pollock, skinless 4oz fillets

½ tsp Salt, kosher

1 tsp Pepper, black, ground

3 each Peppers, sweet bell, whole

2 Tbps Oil, olive-vegetable blend

1 each Foil, aluminum, 12"x12" sheet

2 each Lemon, halved along center

1 cup Onions, pearl

2 cup Potatoes, red, sliced

4 each Tomatoes, vine-ripe

1 cup Parsley, fresh, leaves

1 tsp Pepper, black, ground

2 Tbsp Oil, olive

½ tsp Salt, kosher

8 each Bread, whole wheat, thin sliced, toasted

Description:

1. Prepare fillets by seasoning each with salt and pepper.
2. Place whole sweet peppers in cast iron skillet and heat until peppers start charring. Rotate peppers until even charring occurs.
3. Remove and cut peppers into bite size pieces.
4. Place onions and potatoes in saute pot with cold water and heat until simmering.
5. Once simmered for 2 minutes, strain and reserve.
6. In the heated skillet, place oil immediately followed by seasoned fillets.
7. Rotate fillets once browning occurs, after 2-3 minutes.
8. Cook fillets for an additional 1 minute, remove and reserve covered loosely with aluminum foil to keep warm.
9. Add lemons, peppers, potatoes, onions, and tomatoes to skillet.

10. Once vegetables brown, return fillets to the top of skillet.

11. Finish with parsley, olive oil, salt, and pepper. Serve with toasted bread.