

Pan-fried Alaska Pollock with Tomato-Rhubarb Relish



Preparation Time: 0 minutes

Cook Time: 30 minutes

Servings: Makes 4 servings

Ingredients:

1 tsp Kosher salt, plus extra to taste

½ tsp freshly ground black pepper, plus extra to taste

1 tsp ground coriander

4 (4-6 oz) Alaska pollock fillets

½ cup fine yellow cornmeal

½ cup canola oil

2 tbsp unsalted butter

1 small shallot, finely chopped

1 cup halved small cherry tomatoes

½ cup diced fresh rhubarb

1 ½ tbsp honey

1 tbsp finely chopped parsley

1 tsp fresh orange zest

½ tsp finely chopped fresh rosemary

Description:

Stir together 1 tsp salt, ½ tsp pepper, and coriander. Sprinkle evenly over fish on both sides. Gently toss fish with cornmeal coating evenly.

Heat oil in a large cast iron skillet over medium heat. When oil is hot and shimmering, add fish and cook until golden and crisped, about 2-3 minutes per side. Drain on a wire rack and keep warm.

Melt butter in a medium skillet over medium-low heat. Add shallot and sauté until tender, about 2-3 minutes. Stir in tomatoes and

rhubarb and sauté until rhubarb is just tender, about 2-3 minutes. Remove from heat and stir in honey, parsley, orange zest and rosemary. Season with salt and pepper, to taste.

Spoon warm relish over fish and serve immediately.