



# Recipes

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## ARCTIC CHAR WITH ORANGE MAYONNAISE

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|--------------------------------------|---------------------------------------|
| 1 tbsp (15 mL) chopped fresh thyme   | 1/2 tsp (2 mL) salt                   |
| 1 tbsp (15 mL) chopped fresh parsley | 1/2 tsp (2 mL) freshly ground pepper  |
| 3 cloves garlic, finely chopped      | 3 1/2 lb (1.75 kg) arctic char fillet |
| 2 tsp (10 mL) grated lemon peel      | Orange Mayonnaise, recipe follows     |
| 2 tsp (10 mL) grated lime peel       |                                       |

To prepare rub, combine first 7 ingredients (thyme through pepper). Place arctic char, skin side down, on a piece of heavy-duty foil. Trim foil so that it is slightly larger than fillet. Spread rub over fillet, patting gently onto surface of fillet. Let stand for 30 minutes. With lid down, cook arctic char over medium heat on natural gas barbecue for 10 - 12 minutes per inch (2.5 cm) of thickness or until fish flakes easily with a fork. Serve with Orange Mayonnaise. Serves 8 - 10.

### **Orange Mayonnaise**

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|---|----------------------------------|
| 3/4 cup (175 mL) mayonnaise               | 1 clove garlic, crushed          |
| 2 tbsp (25 mL) fresh orange juice         | 2 tsp (10 mL) grated orange peel |
| 2 tbsp (25 mL) finely chopped green onion | 1/8 tsp (0.5 mL) salt            |

Combine all ingredients until blended. Cover and refrigerate until serving. Makes about 1 cup (250 mL).