



THE INTERNATIONAL CENTRE

Pan Seared Ontario Perch with Leeks, Onions, Potatoes & Grainy Mustard

A light, but very satisfying and elegant one pan meal. The full-flavoured fish is complemented by the acidity from the mustard and lemon juice, and the hearty winter vegetables are sure to please.



50 MINUTES



SERVES 4

INGREDIENTS

- 1-1/2 lb (750 g) Ontario Perch Filets (approximately 6)
- 2 tbsp (25 mL) canola oil
- 2 Ontario Red Potatoes, skin on, sliced into 1/2-inch (1 cm) rounds
- 2 cloves Ontario Garlic, sliced thin
- 1 Ontario Leek, white and light green parts only, sliced into 1/2 inch (1 cm) rounds
- 1 small Ontario Red Onion, halved and sliced 1/4 inch (0.5 cm) thick
- 1-1/2 cups (375 mL) thickly sliced Ontario Green Cabbage
- 2 tbsp (25 mL) grainy mustard
- 1 tbsp (15 mL) each chopped fresh Ontario Parsley and Dill
- Half lemon, squeezed
- Half bottle (375 mL) dry white Ontario Wine
- Kosher salt and freshly ground black pepper

DIRECTIONS

Cut perch in half. Pat perch dry with paper towel and season both sides with salt and pepper. In large oven-proof skillet, heat oil until just smoking (if the oil is not smoking the fish will stick to the pan). In batches, sear fish skin-side down, until skin is golden, about 2 to 3 minutes. Remove to paper towel-lined plate.

Reduce heat to medium-high; add potatoes, garlic, leek, onion and cabbage, cook stirring, about 4 to 5 minutes, until onions are softened. Add wine, turn heat to high and bring to boil. Stir in mustard; cook until wine is reduced by a quarter, about 3-4 minutes. Place fish on top, skin side up and place pan in a 350°F (180°C) oven for 7 to 8 minutes, uncovered.

Remove pan from oven. Gently lift fish out with a spatula onto plate and keep warm.

Add parsley and dill to pan and season with lemon juice, salt and pepper, to taste.

Divide vegetables among 4 shallow bowls and place 3 pieces of fish on top. Serve and enjoy!

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INSTRUCTIONS FOR RECIPE CARD

1. Print on 8.5" by 11" cardstock paper.
2. Cut along the dotted line using scissors.