

Lake Whitefish with Ginger-Garlic Cream

Makes 4 servings.

INGREDIENTS:

- 4 Lake Whitefish fillets (trap-net caught)
- 2 tbsp. olive oil
- Salt & pepper
- 2 tbsp. minced ginger
- 2 tbsp. minced garlic
- 2 shallots, minced
- 1 cup vegetable stock
- 2/3 cup dry white wine
- 1/4 tsp. cayenne pepper
- 1 bunch Swiss chard leaves
- 3/4 cup whipping cream

DIRECTIONS:

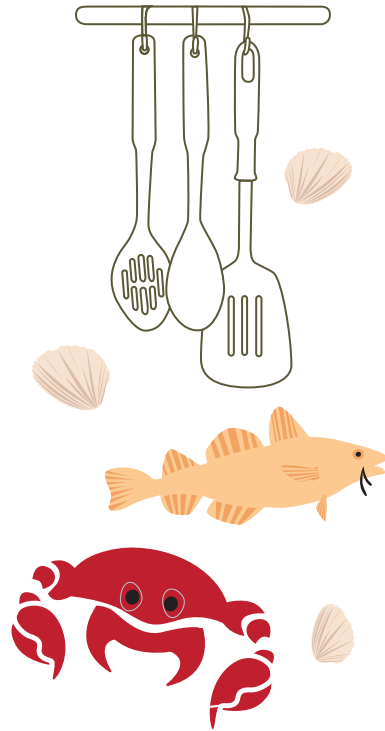
1. Preheat oven to 350 degrees. Rub fillets with 1 tbsp. olive oil, salt and pepper
2. Add 1 tablespoon ginger, 1 tablespoon garlic and 1 shallot to saucepan with stock, wine and cayenne pepper. Bring to boil and heat until reduced by half, around 10 minutes
3. While the sauce reduces, place the seasoned fish in an oiled baking dish and bake for 10-12 minutes, or until flaky
4. Add remaining olive oil to a new sauté pan and heat it over medium-high heat
5. Add remaining ginger, garlic and shallot to pan and cook for 1 minute
6. Add chard and cook until wilted and tender, about 4 minutes
7. Add cream to sauce and boil until thickens, about 5-10 minutes. To plate fish, add a bed of sautéed chard and top with the fish. Spoon the ginger-garlic cream sauce over fish and serve warm



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