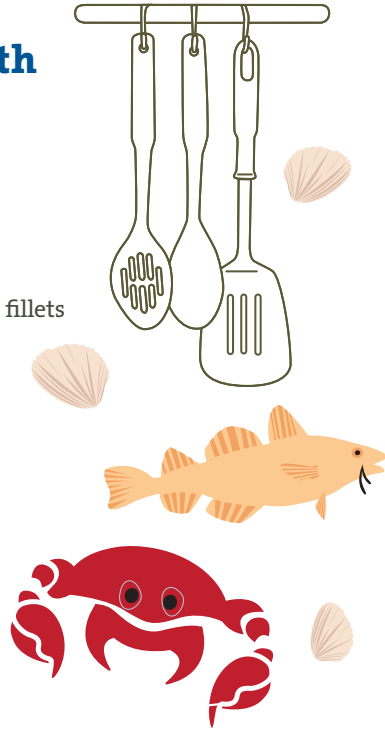


Great Lakes Whitefish with Tomato Basil Compote

Makes 4 servings.

INGREDIENTS:

- 4 (6-ounce) boneless, skinless lake whitefish fillets
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 1/2 teaspoon dried thyme
- 2 shallots, chopped
- 4 garlic cloves, chopped
- 1 cup chopped ripe tomatoes
- 2 tablespoons chopped fresh basil leaves
- 1 teaspoon sugar
- 1/4 teaspoon sea salt
- 1/4 teaspoon fresh black pepper



DIRECTIONS:

1. Season whitefish fillets with salt and pepper. In large skillet, heat oil over medium-high heat. Add fish and cook on both sides until light golden, about 6-8 minutes total. Remove from heat and set aside in warm oven or covered in foil.
2. Turn heat down to medium-low and add butter to skillet. When hot, add thyme, shallots, and garlic; saute 30 seconds, until fragrant. Add tomatoes, fresh basil, and sugar; bring to a simmer and cook until sauce thickens, about 1-2 minutes. Season with salt and pepper and serve atop fish.



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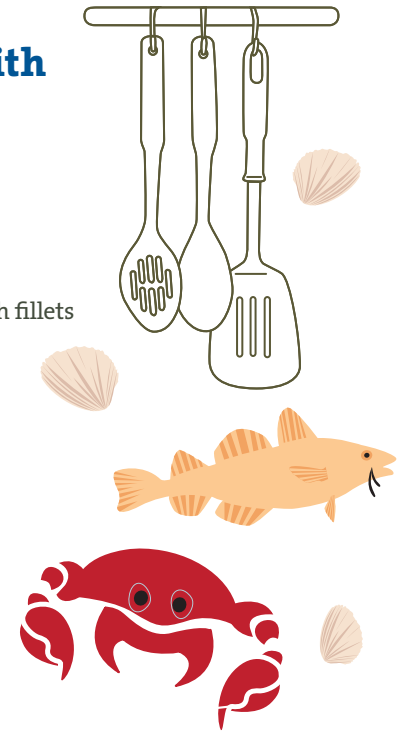


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