

BROWN BUTTER PICKEREL

SERVES: 2

PREP TIME: 3 MIN

COOK TIME: 6 MIN

INGREDIENTS

- 500g pickerel
- 6 tbsp butter
- 3 tbsp oil
- Salt & pepper to taste

DIRECTIONS

1. Season pickerel with salt and pepper to taste
2. Start saucepan with 3 tbs oil and 2 tbsp butter
3. Bring to medium/high heat
4. Add pickerel once the butter starts to bubble
5. Cook for 2-3 minutes, then flip
6. Add 4tbs butter
7. Continue cooking for an additional 2-3 minutes while basting or spooning the butter over the pickerel (as it cooks, the butter will turn brown in colour due to the solids cooking and darkening, which will leave you with a wonderful nutty aroma)
8. Add this to any pasta or salad!



This recipe was created by Chef Ty, Burnaby store manager, 2023.

