



Servings 2

Prep Time 10 min

Cooking Time 20 min

Herb-Butter Poached Pike



Ingredients

2 (5-oz) pieces of pike

Kosher salt

1 to 2 sticks of unsalted butter

Olive oil

3 sprigs of thyme

2 cloves of garlic, sliced

Freshly cracked pepper

Directions

Step 1

Generously season pike with salt and set aside. Preheat oven to 300° Fahrenheit. Pat fish dry with paper towels and place them in a small baking dish that will snugly fit the pieces in one layer. Scatter thyme and garlic on top.

Step 2

Melt butter and pour over the fish to completely submerge. If there's not enough butter, add olive oil to make up the difference. Place the baking dish in a 300° oven on the middle rack. Poach fish for about 15 minutes, or until internal temperature reads 130 degrees Fahrenheit.

Step 3

Remove fish from butter/olive oil and season with freshly cracked pepper. Serve with your favorite sides. Pictured is celery root purée and roasted carrots.

