



Servings 4

Prep Time 10 min

Cooking Time 30 min

Northern Pike with Asparagus Sauce



Directions

Step 1

Trim off the ends of asparagus. If asparagus stalks are thick, peel the stalks and chop enough to get 1 heaping cup. If asparagus stalks are thin, chop as is. Chop the white parts of the leek and rinse thoroughly to get rid of sand.

Step 2

In a medium saucepan, melt butter over medium heat. Add 1 heaping cup of asparagus and chopped leek. Stir to coat with butter and a pinch of salt. Cook on low, covered, for about 15 minutes to soften, stirring occasionally – do not allow vegetables to brown. Then add minced garlic and stir for 30 seconds. Take off heat.

Step 3

Transfer asparagus mixture to a food processor or blender. Blend for about 2 minutes with heavy cream and grated lemon zest until smooth. Season with salt and pepper to taste. Add more or less cream to your liking. Transfer sauce back to the saucepan and keep warm – do not scorch.

Step 4

Cut pike into serving-size pieces. In a pan big enough to fit fish in one layer, add enough chicken stock to completely submerge fish. Then take fish out. Add bay leaves to the poaching liquid. Bring stock to a boil, and then take off heat. Submerge pike in the hot stock and cover the pan with a lid. Allow the fish to poach for about 6 minutes or until cooked through.

Gently transfer fish to plates and season with salt and pepper. Serve immediately with asparagus sauce.

Ingredients

4 servings of northern pike

Poaching liquid: chicken stock

2 bay leaves

1 leek

1 small bunch of asparagus

2 tbs. butter

2 cloves of garlic, minced

¼ cup of heavy cream

Grated zest of 1 lemon

Salt and pepper, to taste

