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Arctic Char with Black-Sugar Barbecue Sauce Recipe

From [Weekend Kitchen: Black Sugar Magic](#)

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This article originally appeared in Metropolitan Home



Ingredients

- 4 tbsp. butter
- 1 clove garlic, minced
- 1/2 cup canned tomato purée
- 4 oz. Okinawa black sugar, chopped or broken into large chunks
- 1 tsp. dried thyme
- 1 tbsp. tamari or soy sauce
- 1 tsp. Worcestershire sauce
- 1 tsp. dry mustard
- 1/4 tsp. cayenne, or to taste
- Salt and pepper to taste
- Four 6-oz. fillets arctic char
- Oil for pan

Directions

To make sauce, melt butter in small, heavy saucepan over medium heat. Add garlic and sauté

briefly, then stir in tomato purée, sugar, thyme, soy sauce, Worcestershire sauce, mustard and cayenne.

Cook over low heat, stirring often, until sugar is dissolved and sauce is thickened, about 15 minutes. Season with salt and pepper to taste. Set aside.

Heat oven to 500°. Heat a large ovenproof skillet over high heat. Brush very lightly with oil. Season fish with salt and pepper and put in pan, flesh side down. Cook 2 minutes.

Turn over with spatula and spread thickly with barbecue sauce. Slide skillet into oven and cook 3 to 5 minutes longer, until a sharp knife slides easily into the thickest part. Serve at once, with any extra sauce on the side. Serves 4.

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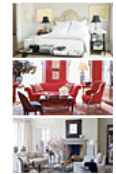
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