Seared Arctic Char with a Middle Eastern Spice Crust

Serves 6

2 lbs of Arctic Char Fillets
1 Tbsp Fennel Seed, coarsely ground
1 Tbsp Coriander Seed, coarsely ground
1 Tbsp Caraway Seed, coarsely ground
1 Tbsp Black Peppercorns, coarsely ground
1 tsp Ground Cinnamon
1 tsp Sea Salt

8 oz Red Onions, sliced
1 oz olive oil
1 Tbsp Honey
1 Tbsp Balsamic Vinegar
Salt and Pepper to taste

1. To caramelize and prepare the onions, heat the olive oil in a large sauté pan, then add onions and cook slowly, turning often. When they are tender, add the balsamic vinegar and honey, allowing them to glaze the onions. Season with salt and pepper to your taste and keep warm.
2. Portion the Arctic Char fillets into 6 individual servings and keep chilled until needed.
3. Combine all of the spices and grind coarsely in a spice mill, a clean coffee grinder works well.
4. Rub each serving of Arctic Char with a generous amount of the spice mixture. Sear the Char in a sauté with a small amount of olive oil on both side and cooked to your desired doneness.
5. To serve, place a large spoonful of preserved red onions on top of each portion of the seared arctic char onto a large warm dinner plate.