



Grilled Fish Topped with Yogurt Dill Sauce, Served with New Potatoes

In addition to vegetables, you can find homemade yogurt (and a wide selection of artisan-produced cheeses and dairy products) at your local farmers' market!

Ingredients

1 lb. fish fillets
Olive oil
Salt and pepper to taste

Dill sauce:

1 cup yogurt
1 TB fresh dill, minced
Juice of 1 lemon
White pepper

Potatoes:

1 lb. red potatoes, boiled and diced
2 TB butter
1 clove garlic, minced
1-2 TB parsley, chopped
Salt and pepper to taste

Directions

Mix ingredients for dill sauce together, seasoning with white pepper to taste. Set aside for a few hours to let the flavors meld.

Saute the garlic in butter over medium heat. Add potatoes, parsley, salt and pepper. Turn the heat down to low while you prepare the fish.

Set grill to medium heat. Brush fish with oil, season with salt and pepper. Grill until flaky, watching carefully to keep it from burning.

Source: Claire Bissell of the MFC is fond of making this delicious fish dish after she attends the Rockland and Washington Farmers markets each week as part of her work with Port Clyde Fresh Catch. Claire often serves this dish accompanied by fresh Maine red potatoes cooked in a variety of ways such as this traditional recipe, which comes from Jeannette Gray, grandmother of MFC staff member Laura Kramar.