

We are excited for you to join Rocco DiSpirito as he chats with Restaurateur & Chef Marcus Samuelsson of Metropolis. Chef Marcus will show participants how to make his Arctic Char with Cucumber Fennel Salad and Soy Butter.



Chef Marcus Samuelsson  
Photo Used by Permission of Metropolis by Marcus Samuelsson  
Photo Credit: Marc Baptiste



Metropolis by Marcus Samuelsson Dining Room  
Photo Used by Permission of Metropolis by Marcus Samuelsson  
Photo Credit: Adrian Gaut

## FEATURED CULINARY CHARITY

This program is **FREE**, and we encourage you to support Chef Marcus's chosen charity, Careers Through Culinary Arts Program, a workforce development nonprofit he co-chairs that provides underserved teens a pathway to success.

## ABOUT CHEF MARCUS SAMUELSSON

Restaurateur & Chef Marcus Samuelsson (@marcuscooks) is the renowned chef behind many restaurants worldwide, including Red Rooster in Harlem (NYC) and Overtown (Miami); Hav and Mar in Chelsea (NYC); and several MARCUS locations including Montreal, the Bahamas, Newark and Atlanta. New additions to his impressive collection include Metropolis at the Perelman Performing Arts Center (World Trade Center, NYC) and Marcus Addis (Ethiopia). Samuelsson was the youngest person to ever receive a three-star review from the New York Times and has won multiple James Beard Foundation Awards, including Best Chef: New York City and Outstanding Personality for No Passport Required on PBS. Samuelsson is also the Emmy-award winning host and producer of the Seat at the Table audio series on Audible and co-host of This Moment podcast with Swedish rapper Timbuktu on ACAST. He is an Emmy-award winning host of My Mark with Marcus Samuelsson and author of multiple books including the New York Times bestselling memoir "Yes, Chef: A Memoir" and the critically-acclaimed book, "The Rise: Black Cooks and the Soul of American Food."

## ABOUT METROPOLIS BY MARCUS SAMUELSSON

Metropolis by Marcus Samuelsson (@metropolisbymarcs) is a vibrant contemporary American restaurant from Marcus Samuelsson and executive chef Ed Tinoco within the Perelman Performing Arts Center.

Metropolis is the culinary anchor of this new cultural cornerstone of Lower Manhattan, and is honored to play a role in the final chapter of rebuilding the World Trade Center site. Its menu explores the rich culinary traditions of New York City through a modern lens with theatrical cocktails, a fun and worldly wine list and gracious hospitality.

# Arctic Char With Cucumber Fennel Salad And Soy Butter

2 servings

Metropolis

## INGREDIENTS

### Arctic Char:

- 2 6 oz filets of arctic char
- 2 tsp olive oil
- Salt and pepper to taste

### Soy Butter:

- 1/3 cup soy sauce
- 1 tsp champagne vinegar
- 1 tsp of fresh lime juice
- 1 tsp minced garlic cloves
- 1 tsp minced shallots
- 1 lb (2 cups) unsalted butter



Arctic Char with Cucumber Fennel Salad and Soy Butter  
Photo Used by Permission of Metropolis by Marcus Sameuelsson  
Photo Credit: Andrew Thomas Lee

## METHOD:

In a medium sauce pot, place soy sauce, champagne vinegar, lime juice, minced garlic and minced shallots. Bring to a boil, and reduce by half. Next reduce heat to a simmer and add the butter. Remove from heat and stir mixture evenly. Set aside.

### Cucumber & Fennel Salad:

- 2 cups, medium diced Persian cucumber
- 2 cups, thinly sliced fennel bulb
- 1 tsp olive oil
- 1/3 fresh lemon, juiced (1 tsp)
- Zest of one lemon
- 2 Tbsp chopped parsley
- Fennel fronds for garnish
- Salt and pepper to taste

## METHOD:

In a small mixing bowl, place diced cucumber and sliced fennel. Dress salad with olive oil, lemon juice, lemon zest, salt and pepper. Fold in chopped parsley and set aside.

### Cooking And Plating Arctic Char:

Preheat the oven to 375 degrees F. Rub olive on both sides of the char. Season with salt and pepper on both sides. Place seasoned arctic char on a non-stick oven-proof pan. Place in the oven for 8-10 minutes or to your desired temperature. Remove the oven and glaze the fish with the soy butter. Place glazed fish on a serving plate. Top the fish with the cucumber & fennel salad. Garnish the plate with the remaining soy butter and fresh herbs.