

Grilled Fish With Preserved Lemon Tzatziki

Serves 6

This spoonable sauce is thicker than traditional tzatziki, though if you want it a bit thinner, stir in some other dairy like milk or cream. The sauce will last a couple of days, but the cucumber will lose its crunch. It can be used as a sandwich spread, or thin and use as a dip for crudites.

- 1 cup reduced-fat Greek yogurt
- 2½ to 3 teaspoons minced preserved lemon, to taste
- ¼ teaspoon agave nectar or honey, to taste
- ¼ teaspoon pomegranate syrup or concentrate (optional)
- 3 tablespoons coarsely chopped fresh dill
- 1½ to 2 teaspoons minced green onion, green part only, to taste
- 2 medium Persian cucumbers, diced small (about ½ cup; see Note)
- Fresh lemon juice, to taste
- Freshly ground black pepper, to taste
- 6 small halibut steaks or salmon steaks or fillets (see Note)



Craig Lee / Special to The Chronicle; styling by Britt Billmaier

Instructions: Make the sauce by stirring together the yogurt, preserved lemon, agave nectar or honey, pomegranate syrup (if using) and the dill. Stir in the onion, cucumbers, lemon juice and pepper up to a few hours before using, but cover and refrigerate until ready to serve. Makes about 2 cups; leftovers will keep several days.

Prepare a charcoal or gas grill for direct, high heat. Remove fish from refrigerator about 15 to 20 minutes before cooking. Brush both sides of steaks with oil then season with salt and pepper to taste.

When grill is hot, place fish on it and do not move until that side has fully seared, at least 2 minutes. When not quite halfway cooked, carefully loosen fish from grill then turn over,

using spatula and tongs. Cook to desired doneness, about 7 minutes per inch of thickness. Serve immediately.

Note: Persian cucumbers have a fine, firmly-textured flesh, tender peel, few seeds and mild taste. You can substitute English cucumbers, but scrape out the seeds. Skin-on salmon fillets are easier to grill than skinless. Place on the grill, flesh side down. Turn over and finish cooking skin side down, which makes the fillet easier to remove from the grill.

Per serving: 346 calories, 27 g protein, 4 g carbohydrate, 24 g fat (7 g saturated), 81 mg cholesterol, 169 mg sodium, 0 g fiber.

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