



Icelandic Wolffish

*Baked In A Lemon-Butter White Wine Sauce -- Crafted From Greenvale Chardonnay
paired with 2024 Greenvale Vineyards Chardonnay – Classic & Unoaked*

Greenvale Vineyards • Portsmouth, Rhode Island • Estate Grown • Hand Harvested • Southeastern New England AVA



Atlantic Wolffish (Anarhichas lupus) — a cold-water shellfish predator from the North Atlantic, rarely found in home kitchens and entirely worth knowing.



2024 Unoaked (black & gold label) & 2024 Classic (white label)

THE WINES

2024 Classic Chardonnay — Fresh sweet apple and a distinctive floral bouquet on the nose. Pear tart and crisp apple on the palate. Firm acid structure with a very faint whisper of sweet vanilla from light oak — present enough to add depth, restrained enough to never intrude. The finish lingers. The pairing anchor.

2024 Unoaked Chardonnay — All the beautiful, distinctive Greenvale character on the nose and mid-palate — pure fruit, no oak, crisp and mineral. The finish resolves more quickly. Best with a simpler preparation: brined, pan-seared, salt and lemon only.

The Perfect Pairing

“New England Chardonnay!” That was my immediate call during a recent double-blind tasting with a Master Sommelier.

Some cool-climate wines possess a signature so distinct they instantly announce themselves. Having spent years working with the region’s portfolio, that vibrant bouquet and unforgettable crisp flavor profile were unmistakable. The mystery wine was Greenvale Vineyards Chardonnay from Rhode Island — a brilliant expression of local terroir that pairs beautifully with the flavors of this dish.

HOW THIS CAME TOGETHER

Perks of having a best friend who imports seafood? Exotic ingredients just casually show up in my kitchen. This week, it’s Atlantic wolffish straight from the waters of Iceland — a massive 25-pound box of it!

Based on my research, I guessed terroir driven Chardonnay with little or no oak would work. I knew exactly what to pair with this fish: Greenvale Chardonnay.

I’m pairing this fish with two Greenvale Chardonnays — one that lets the crisp fruit completely shine, and another with just a subtle hint of oak. Both are world-class, bringing beautiful floral tones and a firm acidity that perfectly elevates the rich flavors of the fish. I hope you enjoy this recipe and wine pairing as much as I did!





The Recipe

Atlantic Wolffish—Lemon-Butter White Wine Sauce



Van's wolffish fillets — portioned and ready for the brine.

THE FISH

Wolffish feeds almost exclusively on shellfish — mussels, scallops, sea urchins, crab. That diet gives its flesh a natural sweetness and a firm, meaty texture unlike any farmed white fish. Holds together beautifully under high heat. MSC-certified sustainable. Wild-caught, Icelandic waters.

KEY EQUIPMENT

- Oven-safe cast iron skillet or baking dish
- Small saucepan for the sauce
- Paper towels — dry fish = better crust
- Citrus juicer

WHY THIS PAIRING WORKS

Fresh apple + pear ↔ **wolffish sweetness**

The fruit mirrors the shellfish-fed sweetness of the fish. Same register, no competition.

Firm acid ↔ **lemon-butter richness**

Cuts through the butter, resets the palate. New England acids do not fade.

Faint oak vanilla ↔ **butter in the sauce**

The Classic's light oak marries with butter without overpowering the fish.

Ocean terroir ↔ **ocean-caught fish**

The vine grew 30 miles from the same waters the fish came from. Geography is flavor.

INGREDIENTS

The Fish

- Wolffish fillets — 6 to 8 oz per serving
- Kosher salt & cracked black pepper

Lemon-Butter White Wine Sauce

- 3 tbsp of high quality unsalted butter
- 2 cloves garlic, minced
- 1 medium shallot, finely diced
- ¼ cup Greenvale Chardonnay (Classic or Unoaked)
- Juice of ½ lemon + 3–4 thin lemon slices
- 1 tsp Dijon mustard (optional — adds body)
- 1 tbsp fresh flat-leaf parsley, chopped

Optional brine: dissolve 1 tbsp kosher salt in 1 cup cold water. Submerge fillets 20–30 minutes, rinse, pat completely dry. Firms the flesh and deepens the natural sweetness.

METHOD

- 1. Brine & Dry**
Brine 20–30 minutes if time allows. Pat the fillets **completely dry**. Season both sides with salt and pepper.
- 2. Preheat**
Set oven to **400°F**. Place your cast iron skillet in the oven while it preheats. Melt butter over medium heat. Cook shallot 2 minutes, add garlic 1 minute. Add wine and reduce by half. Off heat: stir in Dijon, lemon juice, and parsley.
- 3. Build the Sauce**
Lay fillets in the hot pan. Pour sauce over top. Add lemon slices. Bake **8–10 minutes**.
- 4. Bake**
Rest 2 minutes in the pan. Spoon sauce over top. Serve immediately.
- 5. Rest & Serve**

SERVING NOTES

- Serve at **48–52°F** — cold enough to preserve acidity, warm enough to open the floral notes.
- Pour before plating. Let the wine open 5 minutes while the fish rests.
- **Classic** with lemon-butter. **Unoaked** with a simpler pan-sear: brined, salt and lemon only.



In the Kitchen

Van cooks it exactly as written – and the results speak for themselves.



Building the lemon-butter white wine sauce.



Into the cast iron — sauce poured, lemon slices on top.



Out of the oven — the sauce has reduced, the fish is opaque and just set.



Plated wolffish in lemon-butter sauce — parsley finish.



Bacon & spinach salad with soft egg — also paired with Greenvale Chardonnay.



Nutritional Profile

Per Serving — Approx. 8oz (227g) Wolffish + Full Lemon-Butter Sauce As Written

| NUTRIENT | GRAMS | CALORIES FROM | % OF TOTAL CALORIES |
|-------------------|--------|---------------|---------------------|
| Protein | 40 g | 160 kcal | 44% |
| Fat (total) | 18 g | 162 kcal | 45% |
| Saturated Fat | 9 g | — | — |
| Omega-3 (EPA+DHA) | ~0.6 g | — | — |
| Carbohydrate | 3 g | 12 kcal | 3% |
| TOTAL CALORIES | — | — | ~334 kcal |

KEY NUTRIENTS & WHY THEY MATTER

| NUTRIENT | AMOUNT PER SERVING | % DAILY VALUE | WHY IT MATTERS |
|-------------------|--------------------|---------------|--|
| Vitamin B12 | ~3.2 mcg | 133% DV | Nerve function, red blood cell production, energy metabolism |
| Selenium | ~52 mcg | 94% DV | Thyroid hormone synthesis, antioxidant defense, immune function |
| Phosphorus | ~380 mg | 30% DV | Bone and teeth structure, cellular energy (ATP production) |
| Vitamin D | ~280 IU | 35% DV | Hormone regulation, calcium absorption, immune modulation |
| Potassium | ~520 mg | 11% DV | Electrolyte balance, blood pressure regulation, muscle function |
| Omega-3 (EPA+DHA) | ~0.6 g | — | Anti-inflammatory, cardiovascular health, brain and eye function |
| Iodine | ~80 mcg | ~53% DV | Thyroid function, metabolic rate regulation |

MWIN — METABOLIC WEALTH INVESTING NOTE: Wolffish is an exceptionally nutrient-dense protein source — high in complete protein and rich in B12, selenium, and vitamin D, three nutrients chronically under-consumed in modern diets. Mercury is not a concern here: wolffish is a short-lived, cold-water species that does not bioaccumulate mercury the way large, long-lived predators like swordfish or tuna do. The FDA classifies it in the low-mercury category — safe for regular consumption. Cook it with intention.

WHERE TO BUY

Greenvale Vineyards

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