

Pan Seared Tilefish with Garlic and Herbs





Instructions

1. Pat fish dry and season both sides to taste with salt and pepper.
2. In a large pan over medium heat melt butter.
3. Once it foams lay the fish in the pan.
4. Add scallions.
5. Without moving the fish, tilt the pan towards you, using a spoon, ladle the scallion butter over fish.
6. Baste for 2 to 3 minutes.
7. Gently flip the filets over, reduce the pan to low heat and cover, then cook for 2 more minutes.
8. Uncover the pan and add the herbs, continue basing with butter until cooked, just 1 or 2 more minutes.
9. Transfer the fish to a serving platter and pour the pan sauce over the fish, then pour lemon juice over the fish.
10. Season with more salt and pepper to taste.

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