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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