



Buttery Tilefish

Serves 4

Ingredients

4 tilefish fillets

Freshly ground black pepper

Kosher salt

2+ Tb. unsalted butter

Pinch red pepper flakes

1 whole clove garlic, peeled

1 lemon, zested

2 Tb. chopped scallions or chives

Directions:

Lightly sprinkle each fillet with salt & pepper.

Heat butter, red pepper flakes and garlic in a non-stick skillet over low/medium heat.

After a couple of minutes, once the garlic starts to turn brown, remove it from pan.

Increase heat to medium. Add fillets and cook 1-2 minutes to brown the first side, then flip each fillet and spoon the butter over each piece.

Cover the pan lightly for about 1 minute.

Remove cover then spoon butter over each fillet. Keep spooning 1-2 minutes (depending on thickness of your fillets) until they achieve a roasted look. Note: you may have to tip the pan to fill your spoon with butter each time.

Turn off heat and remove from pan.

Sprinkle with lemon zest, lemon juice and scallions/chives before serving.

