

# SeaFood Charlie Recipe

## PAN-SEARED ROCKFISH

Start by patting the fish dry and lightly dusting it with flour. Season the fish with salt and set aside.

Next, heat butter and olive oil in a heavy pan.

Place the fish into the pan, and avoid trying to move the fish. Don't touch it yet.

After about three minutes, use a metal spatula to test the fish. Ideally, use a fish spatula. Try to slide the spatula under the fish.

If the rockfish releases easily from the pan, flip it. If it doesn't, try again in a few seconds. It will release when the bottom of the fish is done cooking.

After you flip the fish, top each fillet with a little more butter.

Cook the rockfish for another couple minutes, and then remove it from the pan.

## HOW TO MAKE THE PAN-SAUCE

To make the sauce, add lemon juice and capers to the hot pan.

Use a wooden spoon to stir, scraping up any bits of fish stuck to the pan. Stir in some fresh herbs, and it's ready!

Top the pan-seared rockfish with the lemon caper pan-sauce and a few more fresh herbs.