

Bluefish

INGREDIENTS

- 1 pound bluefish fillets
- 4 TBSPs olive oil
- 2 TBSPs blackening spices or more
- 1 TBSP butter or more
- 1 squeeze lime wedge or lemon wedges, or more

INSTRUCTIONS

1. Rinse bluefish fillets and pat dry with a paper towel
2. Lightly coat the fillets with about 1 TBSP of olive oil
3. Sprinkle the fillets liberally with the blackening spices, coating both sides
4. Heat the remaining olive oil over high heat in a cast iron pan
5. When the pan is good and hot, add the fillets skin side down and fry for about 4-5 minutes, until browned. Be careful as the hot oil may splatter when adding the fillets. Do not move the fillets around the pan.
6. Flip and fry the other side, about 2-3 minutes, or until well-browned.
7. To test for doneness, stick a fork through the fillet. It should pass through easily without resistance.
8. Remove the fillets from the pan and add a pat of butter on top.
9. Season with lime or lemon juice and fresh herbs of your choice.