

Buttery Tilefish

Ingredients

- 2 medium Tilefish (or other flaky, white fish) fillets, skinned, deboned & patted dry
- 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

Instructions

1. Lightly sprinkle each fillet with salt & pepper.
2. Heat butter, red pepper flakes and garlic in a non-stick skillet over low/medium heat.
3. After a couple of minutes, once the garlic starts to turn brown, remove it from pan.
4. 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.
5. Cover pan lightly for about 1 minute.
6. 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.
7. Turn off heat and remove from pan.
8. Sprinkle with lemon zest, lemon juice and scallions/chives before serving.