

## Pan Seared Tilefish

### INGREDIENTS

**Yield:** 2 servings

- 2 skinless tilefish or other sturdy, thick white fish fillets (about 7 to 8 ounces each), skins removed
- Kosher salt, to taste
- Black pepper, to taste
- 2½tablespoons unsalted butter
- 3green garlic shoots or scallions, thinly sliced
- 1½tablespoons finely chopped chives, mint, lovage and/or sorrel
- 1tablespoon minced lemon thyme or regular leaves
- 2teaspoons finely chopped tarragon, basil or marjoram
- Juice of ½ lemon

### PREPARATION

**Step 1:** Remove any remaining pin bones in the fish, pat dry, and season both sides with salt and pepper.

**Step 2:** In a large sauté pan over medium heat, melt butter. Once butter has begun to foam, lay fish in pan. Add green garlic or scallions and a pinch of salt. Without disturbing the fish, tilt the pan toward you; using a spoon, ladle green garlic butter over fish. Continue basting fish for 2 to 3 minutes.

**Step 3:** Using a spatula, gently flip fish. Reduce heat to low, cover pan and cook for 2 minutes.

**Step 4:** Uncover pan, add herbs and continue basting fish with butter until it is just cooked through, another minute or two longer.

**Step 5:** Transfer fish to a serving platter or individual plates, pour pan sauce over the top, and pour lemon juice over everything. Season with more salt and black pepper if needed. Serve immediately.