

QUICK PAN ROASTED FISH RECIPE

Servings 1 / total prep and cook time under 10 min

INGREDIENTS

- 1 Fish fillet / 3-6oz.
- 1 Tbsp. cooking oil
- Salt & pepper (to taste)
- 1 Tbsp. butter (optional)
- 1 Lemon squeeze (optional)

DIRECTIONS

Prepare your fillet for cooking by blotting dry with a paper towel, this will remove excess moisture, to allow for even cooking, and give the seasoning a surface it can stick to well. Place a medium sauté pan over medium heat, add cooking oil. Allow time for the pan to get hot, you will notice the oil begins to shimmer, and grow “legs” on the pan, like you would see the “legs” swirling on the sides of a quality glass of wine. This is when the seasoned fish fillet goes in the pan. Listen for the lovely sound of sizzling. Too much sizzle, turn down the heat. Too little sizzle, turn it up. You want to not touch the fillet, or try to move it around. Don’t panic when you lay the fillet in the pan and it sticks at first. Your fillet will tell you when its ready to turn over. After about 2-3 minutes, and as you watch the flesh of the fillet turns opaque, give your sauté pan a little shake, and the fillet will release from the pan, flip the fillet. (If you feel nervous about the fillet overcooking, use a small thin fish spatula to give it a nudge, it will release from the pan.) Cook for another 2-3 minutes; you’ll know when you’re finished as the sides will be opaque and the fish will feel firm. You’re done. If you want to add a sauce ... turn down the heat to low. You can melt and baste with butter in the pan, squeeze in a little lemon juice to deglaze the pan, to create a little sauce for your fish. That’s it! The whole experience is ready in under 10 min, and you are eating the perfect blue protein.

SHOPPING LIST

Your favorite responsibly sourced fish, portioned into fillets

Cooking oil, you want a high heat oil, grapeseed, peanut, blended oils, any oil really, if olive oil is what you have use it!

Lemon (1) if you love the juice and feel like zesting a little over the fillet, go for it.

Butter – just a tablespoon in the pan at the end of the cook, to melt and baste with, it will take this into the Extra-ordinary!

*By Chef Rob Ruiz,
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