

Pan Seared Tilefish over Creamy Polenta

(Complements of Chef John Reason)

INGREDIENTS

2 Filets	Tilefish, medium size, patted dry
Pinch	Fresh Ground Black Pepper
Pinch	Kosher Salt
2-4 Tbls	Unsalted Butter
Pinch	Red Pepper Flakes
1 ea	Whole Clove Garlic Peeled
1 ea	Lemon Zested
2 Tbls	Chopped Chives at Bias Cut

DIRECTIONS

- Sprinkle each filet lightly with Salt and Pepper.
- On low heat, heat butter, red pepper flakes, and garlic till garlic starts to brown.
- Remove Garlic and adjust heat to a medium high.
- Sear filets presentation side first down till starts to brown. 1 to 2 minutes.
- Then flip filets over, cover pan for 1 minute.
- Spooning butter mix over fish periodically 1 to 2 minutes.
- Turn off heat and remove filets from pan.
- Place filets over creamy polenta, garnish with lemon zest, lemon

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