Seared Rockfish

Ingredients | Quantity | Methods
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Rockfish Fillets, 5-6 oz | 2 each | 1. Pat fillets dry with a paper towel. Season on both sides with salt and pepper.
Kosher Salt | to taste | 2. Heat a heavy 10-inch nonstick or cast-iron skillet over high heat. When the pan is hot, add the oil. Place the fillets in the pan, skin side down (if applicable), laying them down away from your body. If fillets have skin, press down gently with a spatula for about 20 seconds to prevent curling.
Pepper | 2 T | 3. Lower heat to medium and let sizzle until fish is golden and caramelized around edges, about 2 to 3 minutes. Carefully flip fillets and add butter and thyme to pan. Tilt pan slightly to let the melted butter pool at one end. Use a spoon to baste the fish with the pooled butter. Continue basting until golden all over and cooked through, 45 to 90 seconds more, depending on the thickness of your fish. Serve immediately topped with compound butter.
Canola Oil | 2-3 T | 
Butter, unsalted | 2 T | 
Thyme | 2 each |

Compound Butter

Ingredients | Quantity | Methods
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Butter, softened | 1 stick | 1. Combine all ingredients in a bowl and mix until well combined.
Lemon Juice, fresh | 1 1/2 tsp | 2. Place on a piece of plastic wrap and roll into a log. Twist ends to seal well
Salt | 1/2 tsp or to taste | 3. Refrigerate at least 1 hour
Garlic clove, minced | 1 each | 4. Slice into rounds and enjoy on steaks, fish, vegetables or bread.
Fresh Parsley, chopped | 3 T | 
Fresh Chopped Herbs | 1 1/2 T | (basil, oregano, thyme, rosemary, etc.)
Black Pepper | 1/4 tsp |