



## Pan-Seared Tilefish With Garlic, Herbs and Lemon

MELISSA CLARK

### INGREDIENTS

- **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**
- **2 ½ tablespoons unsalted butter**
- **3 green garlic shoots or scallions, thinly sliced**
- **1 ½ tablespoons finely chopped chives, mint, lovage and/or sorrel**
- **1 tablespoon minced lemon thyme or regular leaves**
- **2 teaspoons finely chopped tarragon, basil or marjoram**
- **Juice of 1/2 lemon**

### PREPARATION

1. Remove any remaining pin bones in the fish, pat dry, and season both sides with salt and pepper.
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.
3. Using a spatula, gently flip fish. Reduce heat to low, cover pan and cook for 2 minutes.
4. Uncover pan, add herbs and continue basting fish with butter until it is just cooked through, another minute or two longer.
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.