



# Triggerfish

## Grilled Triggerfish with Fried Garlic and Chiles

Triggerfish fillets

Coarse kosher salt

6 tablespoons extra-virgin olive oil

4 garlic cloves, thinly sliced crosswise

1 dried guindilla chile, crumbled, or 1/2 teaspoon dried crushed red pepper

3 tablespoons chopped fresh Italian parsley

Lightly brush fish grill basket with oil (if using), or brush grill rack with oil, and prepare barbecue (medium-high heat). Sprinkle fish on both sides with coarse salt and pepper. Place fish in grill basket (if using) or directly on grill rack, skin side down. Grill fish until opaque in center, about 4-5 minutes per side. Transfer to platter; cover to keep warm.

Heat 6 tablespoons oil in small skillet over high heat. Add garlic and sauté until fragrant and light golden, about 1 minute. Add crumbled chile or crushed red pepper; stir 15 seconds. Immediately pour garlic chile oil over fish. Sprinkle with chopped parsley and serve.

## Pan-Roasted Triggerfish with Peppercorn Butter

1/4 cup (1/2 stick) butter, room temperature

2 teaspoons chopped fresh parsley

1 garlic clove, minced

1/2 teaspoon ground mixed peppercorns, plus more for sprinkling

1/2 teaspoon (packed) grated lemon peel

1 tablespoon olive oil

triggerfish fillets

Preheat oven to 400°F. Mash butter, parsley, garlic, 1/2 teaspoon ground mixed peppercorns, and lemon peel in small bowl. Season to taste with salt.

Heat oil in heavy large ovenproof skillet over medium-high heat. Sprinkle triggerfish with salt and ground mixed peppercorns. Add fish to skillet. Cook until browned, about 3 minutes. Turn fish over and transfer to oven. Roast until just cooked through, about 8-10 minutes longer. Transfer fish to plates.

Add seasoned butter to same skillet. Cook over medium-high heat, scraping up browned bits, until melted and bubbling. Pour butter sauce over fish and

serve. Attribution:



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