



Seared Cajun Fish

With herbal puree

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Yields: about 4-8 portions (depending on portion sizes)

Herbal Puree

- ½ cup fresh herbs (basil, parsley, oregano, or cilantro)
- ¼ cup or so of olive oil
- ¼ cup or so of water or broth
- 2 garlic cloves
- 1 tbsp lemon juice
- Spices- pepper flakes, salt, pinch of sugar & pepper
- Tools- Blender or Bullet

Procedure (the Puree):

- Wash all the herbs & pat them dry
- Add all the components into a blender or Ninja bullet, season to taste & puree
- Taste & adjust the flavors as needed; set aside

Seared Cajun Fish:

- 4-8 pcs fresh fish filets (salmon, trout, or tilapia)
- Olive oil
- 1 cup vegetable stock
- Sugar (about 1 tbsp)
- Spices- Cajun blend, garlic powder, salt pepper, cayenne (optional)
- Tools- 14" or 16" skillet, a sheet pan, spoon, strainer, can opener, paper towels- gather about 8 sheets before handling the raw fish, cutting board & chef's knife

Procedure (the Fish):

- Prep the seasoning blend and add about 1 tbsp of sugar to 3 tbsp of the Cajun spice blend (taste the Cajun blend 1st & adjust it if needed, ex: add pepper, cayenne, garlic & salt)
- Set aside
- Rinse the fish in cold lemon water
- Thoroughly dry the fish on both sides & brush with olive oil
- Season both sides using the adjusted Cajun blend
- Remember to thoroughly clean & sanitize the area where the fish was handled & prepared (wash your hands, sink, counter, faucet, tools, etc.)
- Preheat your oven to 170°F. This will be used to keep the fish warm until its ready to serve.
- Preheat the large skillet on medium high heat
- When hot, add about 1tbsp of oil & put the fish in the pan nice side down
- **DO NOT TOUCH IT!** Allow the fish to show signs of browning. The edges will start to look golden & the sides of the flesh will look opaque (cook for about 2 minutes).
- Carefully flip the fish to the other side using a fish spatula.
- Allow the fish to cook for another 1 to 3 minutes or until reading an internal temperature of about 138°F. Use a digital food thermometer in the thickest part of the meat to determine this.
- Place the fish on a sheet pan.

Procedure (the Fish) continued:

- Repeat this process until all the fish is cooked. Remember not to overcrowd the pan. This will help you achieve nice browning.
- Deglaze the skillet with about 1 cup of veggie stock or water & scrape up the brown bits using your spatula.
- Pour the liquid on the pan with the fish.
- Place the fish in broth into the low heat oven to stay warm until you are ready to plate (no more than 10-20 minutes or so).
- Once ready to serve, plate the fish, drizzle with the herbal puree & serve with the black-eyed pea medley.

Enjoy