



IL MITO's Mediterranean Fish Salad

Blackened Rock Fish/Pacific Snapper

Serves 4

Ingredients

- 4 6-8oz Fillets of Snapper or Rock Fish (Or your favorite flakey fresh water fish)
- 2 Tbsp Unsalted Butter
- 1Tbsp Olive Oil
- Sea Salt
- Non-Stick or Cast Iron Pan

For the Blackening Rub

- 3Tbsp Corn Starch
- 3 tsp Smoked Paprika
- 1tsp Turmeric
- 1tsp White pepper
- 1 tsp salt
- 1tsp Ground Coriander

Directions

1. Mix all dry ingredients
2. Heat oil and butter in your frying or cast iron pan. Dredge filets on one side in the mixture. Sear fish on the crusted side (in batches of two), approximately two minutes. Flip and set aside.
3. Once all filets are seared, place under the broiler for another two minutes. Turn off broiler and let rest in the oven for an additional two minutes, or until done depending on the thickness of the filet, then serve.
4. Serve with IL MITO's basil, parsley and fennel salad as seen on *Feker's Kitchen*

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