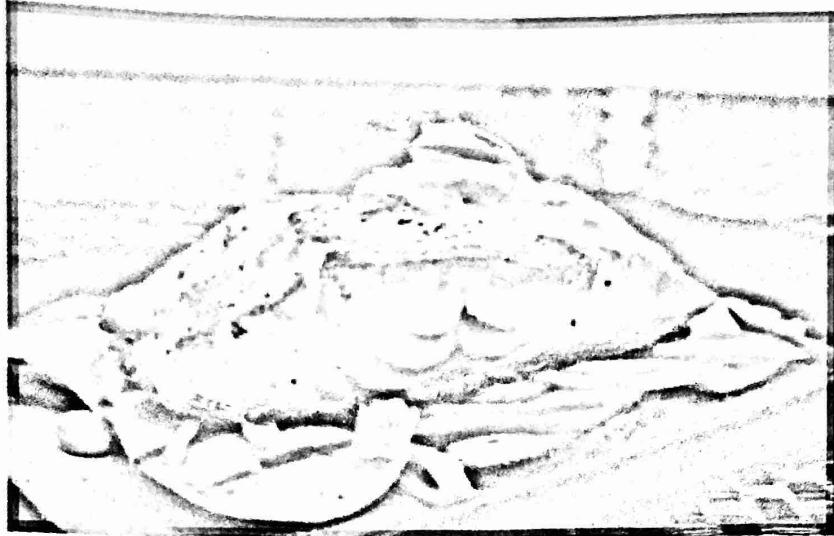


Pan Roasted Sablefish



I hear from a lot of customers that they are afraid to cook Sablefish. When in reality sablefish is one of the most forgiving fish to cook. They are so oily and moist that it is impossible to overcook. Sablefish has large ~~velvety~~ flakes and a sweet, rich flavour. Keep the ingredients simple and ~~embrace~~ the natural flavors of the fish. - Jen

Sablefish (5-6oz)

- Preheat oven to 450F
- Season sablefish with salt and pepper.
- Heat an oven proof sauté pan over medium high heat. Add a touch of veg oil and sear sablefish on face side for 1-2 mins, or until browned around the edges. Flip to skin-side down.
- Transfer the pan to the oven and cook for 5-7mins, or until the fish is just opaque in the centre.
- Remove pan from oven and place fish on plate.