

Pan Fried Boston Blue with Brown Butter

Ingredients

1 pound fresh haddock / boston blue
3 tbsp butter, melted
1 tsp minced garlic
1 tsp dried dillweed
1 tbsp steak sauce
Salt & pepper

Directions

Season both sides of fish with salt and pepper. Set aside. Warm a skillet over medium heat.

Meanwhile, mix all ingredients (besides fish) together. Pour mixture into warmed pan. Careful pan is not too hot! Next, immediately add fish to pan.

Brown fish for 4-5 minutes each side. Outside should turn golden brown and fish with flake easily when done. Remove from pan and serve.

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