

SAUTEING/PAN-SEARING



- Heat a heavy nonstick skillet or ridged stovetop grill pan over medium-high heat
- Rinse seafood under COLD water to remove any ice glaze; pat dry with paper towel
- Brush both sides of fish with high oleic vegetable oils: olive, canola, peanut, grapeseed, soy or safflower. Avoid butter, sunflower or corn oil as they will burn at high heat.
- Place fish in heated pan, skin side up, and cook, uncovered, 3 to 4 minutes, until browned
- Turn the fish over and season it with your favorite seafood seasoning
- Cover the skillet tightly and reduce the heat to medium
- Continue to cook an additional 6 to 8 minutes
- Finish thick portions in an oven preheated to 400°F (use an ovenproof pan)
- Remove from heat just as soon as seafood is opaque throughout

