



2300 Hilltop Drive, Redding, CA 96002
Tel: 530-221-2335 Fax: 530-221-2867

BLACKENED ESCOLAR WITH BALSAMIC RASBERRY SAUCE

Ingredients

2 tablespoons Paprika
2 teaspoons Cayenne pepper
1 1/2 teaspoons White pepper, ground
1 tablespoon salt
2 teaspoons Onion powder
2 teaspoons Garlic powder
2 teaspoons Thyme, dried
2 teaspoons Oregano, dried
4 (6 ounce) fillets ESCOLAR
1 1/2 cups melted butter

Preparation

In a bowl, mix together paprika, cayenne pepper, white pepper, black pepper, salt, onion powder, garlic powder, thyme, and oregano. This is your Cajun spice mix.
Heat a large cast iron skillet over high heat for 10 minutes, or until extremely hot. Dip fish into melted butter, and sprinkle each fillet generously with the seasoning mixture. Place the fish fillets in the hot skillet. Pour 1 tablespoon of butter over each fillet. Cook until the coating on the underside of the fillet turns black, 3 to 5 minutes. Turn the fish over. Pour another tablespoon of butter over the fish, and cook for 2 min. or until fish flakes easily with a fork.

BALSAMIC-RASBERRY SAUCE

Ingredients

1 CUP RASBERRY PUREE, SEEDLESS
2 TBLS BASALMIC VINEGAR
2 TBLS HONEY
1/2 tsp GRANULATED GARLIC

Combine all ingredients in a saucepan and simmer for approximately 15 minutes over medium heat, add slurry (1 T. cornstarch mixed with 2 T. water) and stir until thickened slightly. Serve over the Blackened Escolar.