

GOURMET FISHING

Season III - Episode XII



INFO-SHORTS



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Pan Seared Snapper

with Garlicky Spicy Potatoes and
Sour Cream Citrus Sauce



Host, Chef & Guide, David Murray





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Sour Cream Citrus Sauce





Grocery List

Sour Cream Citrus Sauce

Water

Honey or Agave Nectar

Lemon Juice

Lime Juice

Chives



Pan Seared Snapper Ingredients

Sour Cream Citrus Sauce



Serves 6

Ingredients

2/3 cup Sour Cream

2 Tbs Water

1 tsp Honey or Agave Nectar

2 tsp Lemon Juice

2 tsp Lime Juice

1/2 tsp Lemon and Lime Zest

1/2 cup chives, chopped

Add all ingredients in a food processor and pulse until smooth.



Garlicky Spicy Potatoes & Zucchini



Serves 6



Ingredients

1 1/2 to 2 lbs of fingerling Potatoes

Water

1 lbs zucchini, cut lengthwise in 1/4's

Vegetable or chicken broth

1 tsp Cajun seasoning

Lemon Juice

3 cloves of garlic crushed and roughly chopped

3 Tbs oil, (vegetable, or canola)

In a 4 quart pot, add the potatoes and then cover them with about 1” of cold water. Turn the heat on to medium-high temperature and cook for about 20 minutes until the potatoes are just soft and tender.

Using a slotted spoon, remove the potatoes and place them in a cold water bath to reduce the temperature of the potatoes. Add the zucchini to the potatoes water and cook for 3-4 minutes. Transfer the zucchini from the pot to a plate.

Carefully peel the potatoes when they are cool enough to handle. Slice the potatoes lengthwise into bite-size lengths.

Bring a sauté pan up to temperature over medium-high heat. Add the oil and when it begins to shimmer, add the garlic and cook for 2 minutes or so until the garlic is just browning. Remove and discard the garlic. Carefully add the potatoes, add about 3/4 of the Cajun seasoning, and cook for 6 to 8 minutes, and lightly brown. Remove the potatoes and let drain. Add the zucchini to the sauté pan and the remaining Cajun seasoning and cook for 2 to 3 minutes. Remove from the pan and transfer to a plate with the potatoes.

Pan Seared Snapper



Serves 6

Ingredients

(6) 6oz Snapper fillets, trimmed for a consistent thickness

Lemon, sliced for squeezing

Salt

Oil

Clover Sprouts, garnish

Lemon and Lime Wedges, garnish

Preheat the oven to 450°F

Trim the fillets for a consistent thickness for equal cooking. Using a sharp knife, make a few long shallow cuts along the fillets at an angle. Not deep, but just through the skin and slightly into the flesh. This will help keep the fillets from curling when searing. Season the fillets with salt and lemon juice on the skin side.

Heat a frying pan on medium-high. Add some oil to the pan, and when the oil begins to shimmer, add the fish to the pan, skin side down. Cook for 3 to 4 minutes until the skin begins to brown. Turn the fillets and cook for about 2 minutes. You may have to cook the fish in 2 batches. If cooking in batches, transfer the first batch to a baking dish and cook the other fish. Transfer the fish to the oven in the baking dish or pan. Cook for an additional 6 to 8 minutes until just cooked through.

Plating

Add a few tablespoons of the sour cream citrus sauce to a plate and spread it into a thin circle. Next, add potatoes and zucchini onto the sauce. Top the potatoes with the seared snapper fillet. Squeeze a little lemon juice to taste and top with a small amount of clove sprouts. Serve with lemon and lime slices.

Pan Seared Snapper

with Garlicky Spicy Potatoes and Sour Cream Citrus Sauce



Gourmet Fishing



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