

Blackened/Pan-fried Lionfish with Garlic & Lemon Butter Cream Sauce

Blackened Lionfish (Yield -4portion)

7oz x 4 Lionfish fillets
1cup Blackened seasoning
Salt and White pepper to taste

Lemon Butter Cream Sauce

1tbsp Shallots chopped
1tsp Garlic chopped
5ml White wine
4oz Unsalted Butter (cube)
1no Lemon (juice)
1cup Heavy Cream
Salt and white pepper to taste

Accompaniments

12oz Mashed Potatoes
Buttered vegetables
Peruvian Peppers

Method

- Lionfish season with salt and the pepper then coated with Blackened seasoning.
- Heat the frying pan add bit Butter oil and fry the Lionfish fillets each sides.
- Finish in moderate oven for 5minutes at 350c°

- Heat the butter oil in small pan adds shallots and garlic then white wine.
- Then add heavy cream and bring it to the boil.
- In the boiling stage reduce the heat and add unsalted butter cubs and whisk until it is melted and combine with the cream.
- Then add the lemon juice and the salt pepper to taste