

Pan Roasted Fish with Julienne Vegetables

- 2 6oz. wild caught fish fillets
 - 1 fennel bulb
- 1 carrot, cut into matchsticks
- 1 turnip, cut into matchsticks
 - vegetable oil, for cooking
 - 1 TBSP butter
- olive oil, for serving
- 1/4 cup fresh parsley or cilantro, chopped
 - salt and pepper
 - wedge of lemon

1. Remove the stalks from the fennel and reserve for a salad or broth. Split the bulb length wide, remove the core, turn each half on it's side and slice into strips.

2. Rinse the fish fillets and dry thoroughly on paper towels. If you are leaving the skin on the fish, score it carefully to prevent curling. Season with salt and pepper.

3. Heat a large skillet over medium-high heat film the pan with vegetable oil. When the oil is hot but not smoking, add the vegetables and saute, tossing or stirring every few minutes until crisp and beginning to brown. Remove from heat but keep warm while you cook the fish.

4. Heat a second large skillet over medium high heat and film the pan with vegetable oil. Add half of the butter. When the oil shimmers, add the fish skin side up and cook until golden brown and beginning to flake. The time will depend on the thickness and density of your fillers. If you pan starts to smoke turn the heat down, if your fish is very thick you may want to put the skillet in a 450° oven for a few minutes or partially cover the pan to allow the fish to cook without burning the surface.

5. Turn the fillets carefully placing the skin side down and adding the other half of the butter. Continue to cook until flesh is translucent throughout and fish flakes easily. Remove fillets to a paper towel lined plate, blotting the extra oil from the surface of the fish and squeeze the lemon over the fillets.

6. Toss the vegetables with the parsley and season with salt and pepper. Serve the fish fillets on top of the julienne vegetables and a drizzle olive oil.

SERVES 2

from the kitchen of the Boot