

# Blackened Wreckfish with Cilantro Lime Butter

Recipe courtesy of Chef Tamie Cook

SERVES 4



TENNESSEE AQUARIUM

*The day I developed this recipe I took a photo and posted on my Facebook page. I don't think I'd ever had more glowing comments about a plate of food as this one. And it's as delicious as it is beautiful! The blackening spice is just enough heat to make you notice it and the cilantro butter is refreshingly rich. Serve with steamed or roasted green beans for a simple dinner. (And go ahead; toss those veggies with some of the butter!)*

## INGREDIENTS

- 4 tablespoons unsalted butter, room temperature
- ¼ cup finely chopped cilantro
- 1 clove garlic, grated or finely minced
- 1½ tablespoons smoked paprika
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 2 teaspoons ground thyme
- 1 teaspoon cayenne pepper
- ½ teaspoon freshly ground black pepper
- ½ teaspoon kosher salt
- 4 6-ounce boneless, skinless Wreckfish filets
- 2 tablespoons olive oil
- zest and juice of ½ lime

## DIRECTIONS

Combine the zest and lime juice, butter, cilantro and garlic in a small bowl. Set aside.

Combine the paprika, onion powder, garlic powder, thyme, cayenne pepper, black pepper and salt. Sprinkle 1 tablespoon of the spice blend evenly over the fish filets. Store the remaining blend in an airtight container for up to 1 month.

Place the olive oil in a cast iron skillet place over medium high heat until it shimmers. Add the filets to the pan and cook until seasoning is dark, fish is crispy and just cooked through, about 2 minutes per side.

Serve immediately topped with cilantro lime butter.

# Herb & Citrus Baked Wreckfish

Recipe courtesy of Chef Tamie Cook

SERVES 4



TENNESSEE AQUARIUM

*This is one of those dishes that can be thrown together in 5 minutes once you've gotten home from work. The slow cooking method not only leaves the fish with amazingly tender buttery texture, but it gives you a little time to relax, enjoy a cocktail and unwind from the day. Serve this with a simple green salad for a deliciously light supper.*

## INGREDIENTS

- 2 tablespoons olive oil
- 4 6-ounce boneless, skinless Wreckfish filets
- 1 teaspoon kosher salt
- 3 tablespoons unsalted butter, cut into small pieces
- 1 lemon, thinly sliced
- ½ cup white wine
- 8 sprigs fresh tarragon
- 2 cloves garlic, grated or finely minced
- 1 cup halved cherry tomatoes
- 2 tablespoons fresh parsley, chopped

## DIRECTIONS

Preheat the oven to 250°F. Rub the olive oil on the bottom and sides of a shallow ceramic casserole dish just large enough to fit the fish in one layer.

Season the filets on both sides with salt and place in the dish. Scatter the butter and lemon slices evenly across the fish and add the wine. Top with the tarragon, garlic and tomatoes.

Place in the oven for 30 to 45 minutes or until the fish is just cooked through.

Serve the fish with a little sauce, tomatoes and a sprinkle of parsley.