



CAFE THOMPSON RECIPE

LEMON BUTTER BLACKENED POLLOCK

Blackened pollock is a flavorful, spicy dish featuring fillets coated in a Cajun-style spice blend and cooked quickly in a scorching-hot skillet. The high heat and generous seasoning create a dark, crispy crust on the fish while keeping the inside tender and flaky. Pollock is great for blackening due to its mild flavor and firm texture.

SERVES 6

INGREDIENTS

- Six each 4- to 6-ounce pollock fillets
- 1/3 cup canola oil
- 3 ounces Cajun seasoning
- 2 tablespoons butter
- 1 tablespoon garlic, chopped
- 2 tablespoons lemon juice
- 2 tablespoons parsley, chopped
- 6 each fresh lemon wedges

DIRECTIONS

Brush both sides of the fish with the oil.

Shake blackened seasoning over both sides of the fish. Place the fish on a hot flat top and cook approximately 3 minutes on each side. Add the fish to a hotel pan.

In a saucepan, add the butter, garlic and lemon juice for 2 minutes, and then add the parsley.

Preheat the oven to 350 F. Finish cooking the fish in the oven for 5 to 8 minutes or until the internal temperature reaches 145 F.

Portion 1 fillet in each serving dish. Garnish with 1 lemon wedge. Hold warm for service.

Side dishes

Yuca Sancochada
Green Beans

