COASTAL CONSERVATION ASSOCIATION

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BLACKENED REDFISH with Roasted Corn Avocado Salsa

INGREDIENTS:

SALSA:
- 2 fresh corn cobs with husks
- 1 stalk green onion, chopped
- 1 garlic clove, minced
- Juice of 1 large lime
- 1 14.5oz can black beans, drained and rinsed
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh basil, chopped
- ½ c crumbled queso fresco
- 1 large avocado, diced
- Salt and pepper to taste

REDFISH:
- 2 large redfish filets
- 2 tbsp Dijon mustard
- ½ tsp lemon pepper
- ½ tsp onion powder
- ½ tsp garlic salt
- ½ tsp cayenne pepper
- 3 tbsp all-purpose flour
- Canola oil for cooking
- 2 tbsp salted or unsalted butter

PREPARATION:

SALSA:
Preheat oven to 400°F. Remove husks from corn cobs and place on a cookie sheet. Roast for 20-25 minutes. Remove corn from oven, cut kernels off cob and place in a large bowl. To same bowl, add green onion, garlic, lime juice, black beans, mint, basil and stir to combine. Gently stir in avocado and queso fresco. Season with salt and pepper to taste and set aside.

REDFISH:
In a small bowl, combine the lemon pepper, onion powder, garlic salt, cayenne pepper and flour.
Lay redfish filets out on a cookie sheet or cutting board and coat both sides with the Dijon mustard. Then coat both sides with the blackening mix (use it all). Let sit 5 minutes to marinate.
Add enough canola oil to a large nonstick skillet to coat the bottom. Heat on medium-high until oil is hot. Add the filets and cook about 4 to 5 minutes per side, or until desired blackened crust is achieved.
Remove pan from heat and top each filet with 1 tablespoon butter.

TO SERVE:
Plate a heaping serving of salsa on the plate, top with the blackened filet and top with additional salsa. SERVES 2.

Recipe and photos by Heather Peterek, Staff Seafood Enthusiast