
Pan Roasted Fish with Hamakua Mushroom Ragout

Yield: 4 Servings

Ingredients

2 Tbsp canola oil
4 pieces snapper or mahi fillets (4 to 5 oz. each)
salt
pepper
4 clove garlic (sliced)
2 Tbsp truffle oil (divided)
1/2 lb King Ali'i mushrooms (cleaned, chopped)
1 lb shimeji mushrooms (cleaned, chopped)
1 lemon (juiced)
mixed greens

Cooking Time: 45 min

Instructions

Add the canola oil to a frying pan over medium-high heat. Season both sides of the fish filets with salt and pepper to taste, then add them to the frying pan. Fry the fish for 3 to 4 minutes per side or till golden brown. Remove the fish from the pan and set aside.

In the same frying pan used for the fish, add 1 tbsp. of truffle oil and garlic and saute for about 20 seconds. Add both of the mushrooms, salt and pepper to taste and shake the pan. Then add lemon juice and 1 tbsp. of truffle oil and stir.

To serve, place a bed of salad greens on a plate and top with a fish filet. Spoon the mushroom sauce over the fish and enjoy. Enjoy this deliciously light and easy to prepare recipe with any wine or beer.

Recipe brought to you by:

Chef Maka Kwon