

## Blackened Rockfish w/ roasted garlic mashed potatoes



4 filets Rockfish (6-7ounces)  
1 cup Paul Prudhomme's Blackened  
Redfish Magic  
2 lemons (zested and juiced)  
1 pound butter(unsalted)

For Potatoes  
6 baking potatoes (peeled)  
1 cup roasted garlic  
unsalted butter  
heavy cream  
salt and pepper

### How to Prepare:

#### For lemon butter:

Let butter come to room temperature. Chop zest and add, along with lemon juice, to small mixer. Mix on medium till incorporated. Pull out and keep in cool area of the kitchen.

#### For roasted garlic mashed potatoes:

Boil off potatoes until easily pierced with a knife. Using a potato masher or a mixer, add strained potatoes with butter, roasted garlic, salt and pepper. Mix to break down potatoes. Slowly add cream and mix till desired consistency.

#### For blackened Rockfish:

Heat heavy cast iron skillet over direct heat. Dredge flesh side of fish in blackening spice. Put a dollop of whole butter on skillet and lay fish on top. (Careful - lots of smoke and flame will occur. But that's what you want.)

Plate Rockfish on large plate with garlic mashed potatoes and a big dollop of the lemon butter on the fish. Feel free to garnish with a lemon wheel and a sprig of parsley.

Yield: 4 Servings



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NORFOLK RESTAURANT WEEK JANUARY 22-29, 2012