

## Pan-Seared [Insert Fish Here]

Thanks to Brian Perkins for the photos and this cooking suggestion. He used Gulf of Maine cod, but this would also work well with our pollock, haddock, hake, cusk, or whiting.

**Prep + Cooking Time: 7 Minutes**

### **Instructions:**

In a heavy bottom skillet, heat 2 TBS olive oil and 2 TBS butter on medium high heat. Using just the loin, pat the fish dry and season to taste with salt and pepper. When the butter/oil mix is hot but not smoking, place the cod loin in the pan and cook for 2 minutes per side (time may vary depending on the thickness of the fillet).

