

Seared sculpin with brandy-mustard pan sauce

Serves 2

Notes from recipe creator Kelsey O'Connor: *Very simple and delicious. The fillets came off the bone with a fork easily, with just a few small pin bones in the fillet. Sauce is easy and gets a little acidity from tomato, mustard, and the booze.*

Ingredients

- ~1lb sculpin tails
- 1 clove garlic, smashed
- 2 small shallots, sliced thin
- 1 vine ripe tomato, seeded & diced
- ¼ bunch of parsley, chopped fine
- Big splash of brandy
- 1 tablespoon of Dijon mustard
- heavy cream-just enough to bind the sauce



Pat the fillets dry with a paper towel and season with salt and pepper. Preheat pan with olive oil. Sear sculpin on both sides, a couple minutes each.

In the same pan add garlic, shallots, and tomato and lightly sauté until translucent. Once the fish and vegetables are done, deglaze pan with just enough brandy to cover bottom of pan. Cook off the alcohol for a minute.

Add mustard, heavy cream, and parsley to complete the sauce. Bring to a gentle simmer and serve with a starch and vegetables.