



## Asian Cobia

Serves 2

### Ingredients

- 2 Cobia steaks -- about 1/4 to 1/2 lb each.
- Italian dry herb mixture (oregano, thyme, marjoram, parsley)
- Salt/Pepper
- 1/4 cup Thai sweet chili sauce
- Juice of 1/2 lemon
- White cooking wine for de-glazing
- 1 Tbsp butter
- Canola oil for pan

### Directions

- Prep cobia steaks by removing skin, dark meat. Rinse and pat dry.
- Crank up stove top burner, and allow a large skillet to get hot.
- Sprinkle Italian herbs over one side of cobia steaks, a little salt, a few grinds of pepper.
- Once skillet is hot, add a couple tablespoons of oil to the skillet, let heat up for a few seconds, and place fish in... seasoned side down. While the fish is cooking - season the other side with the dry the herbs.
- Place a lid on the skillet and let the fish sear for about 1 to 2 minutes, depending on the thickness of the steaks.
- Searing in the hot skillet should make a nice brown crust on the fish, and it shouldn't stick to the pan.
- Flip the fish over, and replace the lid for another minute or two.
- Fish flesh should be completely white, but still very moist. **DO NOT OVERCOOK!!!!**
- Set fish aside. (Preferably in a 250 degree oven)
- Deglaze the skillet with about 1/4 to 1/2 cup of cooking wine, and add the chili sauce. Keep the heat up and scrape the bits off the bottom of the skillet. Let this reduce for a minute or so. Add the lemon juice, and reduce the heat to low. Add the butter and swirl it around in the pan, creating a nice rich sauce. Pour over the steaks and enjoy.

This recipe will take less about 10 minutes from start to finish!!