Red Snapper with Lemon Caper Butter

(Serves two)

Ingredient list:

* 1 medium snapper filet (1-1.25lb.)
* 1 Tbsp. cooking oil
* ½ Tbsp. and 2 Tbsp. butter (separated)
* 2 Tbsp. minced (or fine-diced) shallots
* 3 Tbsp. strained capers
* ½ lemon – juice only
* Salt and (fresh-cracked) black pepper to taste
* ½ Tbsp. rough-chopped fresh parsley (optional)

Two red snapper filets, skin-on.

* Dry both sides of filets with paper towel, then season both sides with salt and black pepper – ideally 15-20 minutes prior to cooking. Lay on towel-lined plate, skin-side up.
* Smear a half teaspoon of softened butter onto the skin (as evenly as possible).
* Preheat a 12” cast-iron skillet over medium-high heat.
* Add one tsp. of cooking oil (canola, vegetable, avocado, etc.) to the hot pan to coat the bottom.
* Place the filet skin-side down, applying pressure to the flesh (probably for 20-30 seconds) so as to keep the skin in contact with the pan.
* Cook for 3-4 minutes (or until skin is crispy), then turn the filets over and reduce heat to medium.
* At this point, add the remaining 2 tablespoons of butter to the pan, along with the minced shallots and strained capers.
* As the butter melts, gently stir those ingredients together (in a way that does not disturb the fish). Once the butter is melted, remove the pan from heat, and spoon the melted caper butter over the filets, 5-6 times per filet.
* Once the fish has been on the flesh-side for 2-3 minutes, remove it to a paper towel-lined dish.
* At this point, add the juice from ½ of a lemon and 2-3 twists of a black pepper grinder, to the butter mixture in the pan, and stir enough to incorporate everything evenly.
* To serve, spoon the butter mixture over the fish and garnish with chopped parsley (optional).