

Red Snapper with Mustard Crust

Category: Seafood

Servings: 2

Rating: 10

Source: Bon Appetit

Description:

We tried this recipe with a freshly caught Red Snapper and it was fabulous. Very delicate, but a spicy taste from the mustard.

We had Spanish Rice and green beans with it.

Ingredients:

red snapper	Filleted, skin on, as fresh as possible.
vegetable oil	1/4 cup
shallot	1/4 cup, minced
creole mustard	1/4 cup
flour, all-purpose	for dredging the fillets
butter, unsalted	2 tablespoons

Instructions:

Score the skin side of the red snapper with a sharp knife and season both sides with salt and pepper. Brush the flesh side of the fillets with a little of the oil, press 2 tablespoons of the shallot into the flesh of each fillet, and spread 2 tablespoons of the mustard evenly over the shallots on each fillet. Dredge the fillets in the flour, brushing off the excess. In a large skillet, heat the remaining oil and the butter over moderately high heat until the fat is hot but not smoking. Sauté the fillets, flesh sides down, for 2 to 3 minutes, or until the undersides are golden brown and crusty. Turn the fillets over carefully with a spatula and cook them over moderate heat for 4 to 5 minutes, or until they are just cooked through.