

# *Pan Fried Gurnard Fillets with Sage and Garlic Butter*

**Serves 4**

## **Ingredients**

- 4 x 350g / 12oz gurnard, filleted
- 4 teaspoons sunflower oil
- 75g / 3oz unsalted butter
- 2 garlic cloves, finely chopped
- 2 tablespoons small fresh sages leaves
- 2 tablespoons freshly squeezed lemon juice
- salt and freshly ground black pepper

## **Method**

- Season the gurnard fillets on both sides with some salt and pepper.
- Heat the oil in a large frying pan.
- Add the fillets to the pan, skin-side down, and fry over a high heat for 2 minutes until the skin is golden brown. Turn them over and fry for another 1 - 2 minutes or until just cooked through.
- Lift into the centre of 4 warmed serving plates, overlapping the fillets slightly, and keep warm.
- Pour away any remaining oil from the pan and wipe it out with kitchen paper.
- Add the butter to the pan and as it starts to melt, add the garlic and whole sage leaves.
- Return the pan to a medium-high heat and leave the butter to cook for a minute or two until it starts to brown slightly and smell nutty.
- Quickly add the lemon juice and some seasoning, then quickly spoon it over the fish, trying to divide the bits of garlic and sage leaves equally between each plate.
- Serve straight away.

Rick Stein's - Pan Fried Gurnard Fillets with Sage and Garlic Butter [www.rickstein.com](http://www.rickstein.com)

Tried this Recipe? [Tweet us your comments or photos to @FishmongersFR](#)

## [Veasey & Sons Favourite Recipes](#)

Tried this Recipe? [Tweet us your comments or photos to @FishmongersFR](#)