



Pan Seared Rockfish

Chef Tim Hill
CENTER Banquet Kitchen

2 lbs Rockfish, deboned and skinned
To Taste Salt and Pepper
1 oz Peanut oil

Cut Rockfish into 6 oz portions. Season fish with salt and pepper. Heat oil in a sauté pan over medium high. Cook fish until done (about 5 minutes per side, depending on size).

Yield: (5) 6 oz. servings

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