

Spiced Filet-o-Red Drum Sandwich

Recipe courtesy of Chef Tamie Cook

SERVES 4

So here's the truth, I've never eaten a "filet-o-fish" sandwich from the fast food joint that shall remain nameless. But I'm certain my version, using Red Drum or "Redfish" and a simple-to-put-together mayonnaise is better and better for you. This simple sandwich is an excellent gateway dish for any picky fish eaters in your life. Loaded with crisp romaine, onion and avocado it's a very filling and not to mention, healthy lunch or dinner option.



INGREDIENTS

Herbed Mayonnaise

- 1 cup mayonnaise
- ¼ cup chopped herbs, any combination of parsley, dill, basil and/or chives
- zest and juice from 1 lemon

Fish

- 2 teaspoons smoked paprika
- 1 teaspoon light brown sugar
- 1 teaspoon garlic powder
- 1 teaspoon sea salt
- ½ teaspoon cayenne pepper
- ½ teaspoon onion powder
- ½ teaspoon dried oregano
- ½ teaspoon ground cumin
- ¼ teaspoon freshly ground black pepper
- 4 (6-ounce) Red Drum filets
- 1 tablespoon olive oil
- romaine lettuce, thinly sliced red onion, avocado (optional)
- kaiser rolls or sesame seed buns

DIRECTIONS

Whisk the mayonnaise, herbs, and lemon zest and juice together in a small bowl. Cover and chill until ready to serve.

Combine the paprika, sugar, salt, cayenne, garlic, onion, oregano, cumin, and black pepper in a small bowl. Sprinkle the seasoning evenly on both sides of each fillet.

Heat the olive oil in a 10-inch cast iron skillet over medium high heat. Once the oil shimmers, add the fillets and cook for 2 ½ to 3 minutes. Turn and cook for another 2 ½ to 3 minutes or until the fish is just cooked through and flakes when tested with a fork. You may need to do this in batches, depending on size of filets. If so, remove to a warm oven or a plate, and cover with aluminum foil. Repeat with remaining filets.

Build sandwich with herbed mayonnaise and other ingredients as desired. Serve warm.