Pan-Fried North Carolina Cobia

252-473-7484
FRESH CATCH
SEAFOOD
4331 Mill Landing Rd.
Wanchese, NC 27981

Ingredients

- 1 lb fresh cobia fillets, cut into 3 to 4-oz pieces
- 2 teaspoons paprika
- 1.5 teaspoons garlic powder
- 1 teaspoon dried parsley
- 1 teaspoon onion powder
- 1 teaspoon black pepper
- 1 teaspoon Old Bay seasoning
- 2 tablespoons unsalted butter
- 2 tablespoons cooking oil

Instructions

1. **Mix the spices:** Combine the paprika, garlic powder, dried parsley, onion powder, black pepper, and Old Bay seasoning in a small bowl.
2. **Coat the fish:** Evenly rub and coat the cobia fillets with the spice blend.
3. **Heat the pan:** Bring a sauté pan to medium-low heat and add the butter and cooking oil. Swirl the pan once the butter melts to combine.
4. **Sear the cobia:** Place the fillets in the hot pan and fry for approximately 5 to 6 minutes per side until golden brown and the fish flakes easily.
5. **Serve:** Remove from the pan and serve immediately over a potato hash or with local seasonal vegetables.