

FISH RUB

From the kitchen of Mary C. Plona

Category: CONDIMENTS

Preparation time: 15 min

Servings:

Ingredients

- 2 tsp grated Lemon Zest
- 1 tsp Garlic Powder
- 1 tsp Tarragon
- 1 tsp Basil
- 2 tsp Black Pepper
- 1/2 tsp Cayenne Pepper
- 1 tbsp Paprika
- 1/2 tsp Salt

Instructions

Combine ingredients. Wash meat & pat dry. Lightly coat the fish with clarified butter. Sprinkle 1 to 2 tbsp, to taste, of rub per pound of fish & rub in. Let stand for 1 hr or more in refrigerator before cooking.

