

Pan Seared Cobia, Cider Sage Butter Sauce



Serves 4

- 4 cleaned 6oz portions of Cobia
- 3 cups apple cider
- 1 lb diced unsalted butter
- 4 fresh sage leaves
- 2 oz heavy cream
- 1 oz blended oil
- salt and pepper mix

Heat one ounce of blended oil in a medium sauté pan. Lightly score and season the portions of Cobia. Place presentation side down in smoking hot sauté pan. Place pan in four hundred degree (F) oven for five to seven minutes or until firm yet tender. Sauce: Reduce three cups of apple cider in a small sauté pan by half. Stabilize with two ounces of heavy cream. Add sage and slowly whisk in butter. Season with salt and pepper and serve.

**Cobia Recipe by
Spencer Streetman
Chef de Cuisine, Boston Room**

**Nick Zakharoff, Supervising
American Culinary Federation
Certified Executive Chef, Certified Culinary Judge
Executive Chef, Harvard Club of Boston**

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