



TIDE TO TABLE



Photography by Michael Cheser

Redfish Two Ways: Pan-Seared & Grilled

A dock-to-dinner duo: fresh-caught Redfish served two ways—pan-seared with a silky tomato-cream sauce and crisp green beans, or grilled with a bright, roasted vegetable medley.



FISH



PAN SEAR + GRILL



SERVES 4 (EACH)



Pan-Seared Redfish with Green Beans & Tomato-Cream Sauce



Grilled Redfish with Roasted Veggie Medley

This episode follows Redfish straight from the Charleston waterway to the table. Whether you just stepped off the boat or picked up fillets from the market, these two methods keep the focus on fresh fish and simple, honest ingredients.



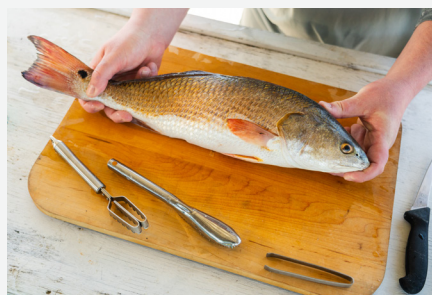
RECIPE #1

Pan-Seared Redfish with Green Beans & Tomato-Cream Sauce

INGREDIENTS

1 lb fresh Redfish fillets, skin-on preferred
1 lb green beans, trimmed
4 cloves garlic, smashed (divided)
1 shallot, thinly sliced (divided)
1 lb cherry tomatoes, halved
1 Tbsp tomato paste
1 oz fresh mint
½ cup heavy cream
1 cup sliced almonds
1 lemon (zest and juice as needed)
Olive oil
Salt and black pepper, to taste

Chef Eric points out three keys to buying fresh fish: clear, bright eyes, vibrant red gills, and a clean ocean smell. If the eyes are cloudy, the gills are dull, or it smells “fishy,” choose another fillet.





Pan-Seared Redfish with Green Beans and Tomato Cream Sauce, contd.

INSTRUCTIONS

Step 1: Pan Sear the Redfish

1. Preheat a cast iron skillet over medium-high heat and drizzle with **olive oil**.
2. Pat the **Redfish fillets** dry. With a sharp knife, lightly score the skin, being careful not to cut into the flesh.
3. Season both sides with **salt** and **pepper**.
4. Place the fillets skin-side down in the hot pan and sear for about 3 minutes, until the skin is golden and crispy.
5. Flip and cook for about 1 minute more, depending on thickness.
6. Transfer to a low oven to keep warm while you prepare the sides and sauce.



INSTRUCTIONS, CONTD.

Step 2: Blanch & Sauté the Green Beans

1. Bring a pot of salted water to a boil. Add the **green beans** and blanch for about 1 minute, then transfer immediately to **ice water** to stop the cooking.
2. In a separate pan over medium heat, add a drizzle of **olive oil** along with half of the **garlic** and half of the **shallot**. Sauté until the shallot is translucent and the garlic is lightly golden.
3. Remove the green beans from the ice bath, pat dry, and add them to the pan.
4. Season with **salt** and **pepper**, toss, and cook for 2 minutes, then set aside.



Step 3: Make the Tomato-Cream Sauce

1. In a small saucepan over medium-low heat, add the remaining **garlic** and **shallot** and cook until soft and fragrant.
2. Halve the **cherry tomatoes** and add them to the pan, increasing heat to medium. Cook until the tomatoes blister and begin to break down, then stir in the **tomato paste** and cook for 30–60 seconds to caramelize.
3. Stir in the **heavy cream** and gently simmer for 2–3 minutes until warmed through.
4. Transfer the mixture to a blender or use an immersion blender. Add the **fresh mint** and the **zest of half a lemon**.
5. Blend until smooth and silky. If the sauce seems too thick, thin with a splash of cream. Season to taste with **salt** and **pepper**.





Pan-Seared Redfish with Green Beans and Tomato Cream Sauce, contd.

INSTRUCTIONS, CONTD.

Step 4: Toast the Almonds ●

1. Preheat the oven to 325°F if it's not already on.
2. Spread the **sliced almonds** in a single layer on a baking sheet.
3. Toast for a few minutes, just until lightly golden and fragrant. Watch closely—they can brown quickly.



Step 5: Plate

1. Spoon a pool of **tomato-cream sauce** onto each plate. ●
2. Add a nest of **garlic-shallot green beans** in the center. ●
3. Top with a piece of **pan-seared Redfish**, skin-side up to show off the crispy skin. ●
4. Garnish with **toasted almonds**, a few small leaves of **fresh mint**, and a little extra **lemon zest**. ●



The secret to this dish is contrast — crisp skin, silky sauce, and bright herbs. Keep the heat steady and finish with fresh mint to bring it all together.



RECIPE #2

Grilled Redfish with Roasted Veggie Medley

INGREDIENTS

2 Redfish fillets (skin on or off, per preference)
1 yellow squash
1 zucchini
2 ears corn, husked
½ lb cherry tomatoes, halved
1 cup green olives, pitted and halved
2 cloves garlic, smashed and diced

1 oz fresh mint, chopped
1 oz fresh tarragon, chopped
½ lemon (juice)
Olive oil
Salt and black pepper, to taste
Pinch cayenne pepper
Pinch paprika



INSTRUCTIONS

Step 1: Grill the Fish and Veggies

1. Preheat the grill to medium-high heat.
2. Brush the **Redfish fillets** with **olive oil** and season with **salt** and **pepper**.
3. Halve the **yellow squash** and **zucchini** lengthwise; drizzle with olive oil and season with salt and pepper.
4. Husk the **corn** and remove as much silk as possible.
5. Place the fish, squash, zucchini, and corn on the preheated grill.
6. Grill the veggies until they have deep grill marks and are lightly charred; remove and set aside.
7. Grill the Redfish for about 3 minutes on the first side, then carefully flip and cook 1–2 minutes more, depending on thickness.
8. Transfer the fish to a warm oven while you finish the veggie medley.



INSTRUCTIONS, CONTD.

Step 2: Prep the Veggies

1. Once cool enough to handle, shave the corn off the cob into a bowl.
2. Cut the grilled squash and zucchini into bite-sized pieces, similar in size to the tomatoes.
3. Halve the **cherry tomatoes** (if not already) and **green olives**.
4. Smash and mince the **garlic**.
5. Chop the **mint** and **tarragon**; set the herbs aside to add at the very end.

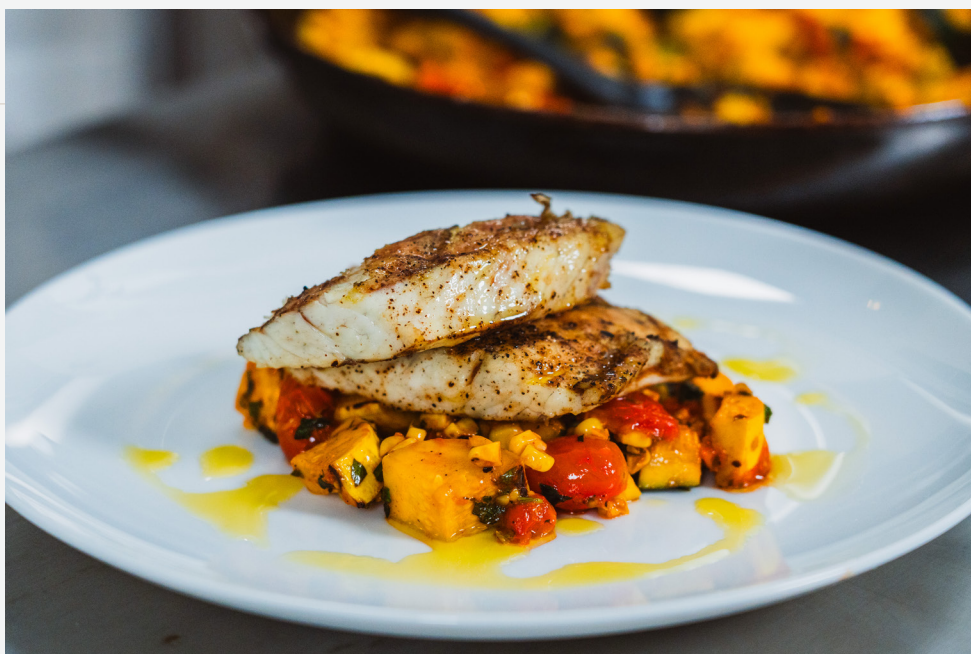


Step 3: Build the Roasted Veggie Medley

1. Heat a generous drizzle of **olive oil** in a large sauté pan over medium heat.
2. Add the cherry tomatoes and olives and cook for 1–2 minutes, just until the tomatoes begin to soften. ●
3. Add the corn, squash, and zucchini, along with the garlic.
4. Season with **salt**, **pepper**, a pinch of **paprika**, and a small pinch of **cayenne pepper**.
5. Cook for about 1 minute more, stirring to combine. ●
6. Turn off the heat and fold in the fresh mint, tarragon, and the **juice of half a lemon**. Taste and adjust seasoning.

Step 4: Plate ●

1. Spoon a generous portion of the roasted veggie medley onto each plate.
2. Top with a piece of grilled Redfish.
3. Finish with a light drizzle of olive oil and a squeeze of lemon, if desired.



Pan-Seared Redfish with Green Beans & Tomato-Cream Sauce



FISH



PAN SEAR



SERVES 4

PRINTER-FRIENDLY VERSION—PRINT THIS PAGE TO KEEP HANDY IN YOUR KITCHEN WHILE COOKING

INGREDIENTS

1 lb fresh Redfish fillets, skin-on preferred
1 lb green beans, trimmed
4 cloves garlic, smashed (divided)
1 shallot, thinly sliced (divided)

1 lb cherry tomatoes, halved
1 Tbsp tomato paste
1 oz fresh mint
½ cup heavy cream

1 cup sliced almonds
1 lemon (zest and juice as needed)
Olive oil

INSTRUCTIONS

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2. Pat the **Redfish fillets** dry. With a sharp knife, lightly score the skin, being careful not to cut into the flesh.
3. Season both sides with **salt** and **pepper**.
4. Place the fillets skin-side down in the hot pan and sear for about 3 minutes, until the skin is golden and crispy.
5. Flip and cook for about 1 minute more, depending on thickness.
6. Transfer to a low oven to keep warm while you prepare the sides and sauce.

Step 2: Blanch & Sauté the Green Beans

1. Bring a pot of salted water to a boil. Add the **green beans** and blanch for about 1 minute, then transfer immediately to **ice water** to stop the cooking.
2. In a separate pan over medium heat, add a drizzle of **olive oil** along with half of the **garlic** and half of the **shallot**. Sauté until the shallot is translucent and the garlic is lightly golden.
3. Remove the green beans from the ice bath, pat dry, and add them to the pan.
4. Season with **salt** and **pepper**, toss, and cook for 2 minutes, then set aside.

Step 3: Make the Tomato-Cream Sauce

1. In a small saucepan over medium-low heat, add the remaining **garlic** and **shallot** and cook until soft and fragrant.
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3. Stir in the **heavy cream** and gently simmer for 2–3 minutes until warmed through.
4. Transfer the mixture to a blender or use an immersion blender. Add the **fresh mint** and the **zest of half a lemon**.
5. Blend until smooth and silky. If the sauce seems too thick, thin with a splash of cream. Season to taste with **salt** and **pepper**.

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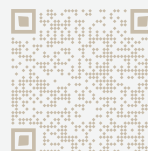
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3. Top with a piece of **pan-seared Redfish**, skin-side up to show off the crispy skin.
4. Garnish with **toasted almonds**, a few small leaves of **fresh mint**, and a little extra **lemon zest**.



A restaurant-style skin-on sear with crispy texture, silky tomato-cream sauce, and fresh green beans, just like Chef Eric plates it in the episode.

WATCH THE EPISODE!



Grilled Redfish with Roasted Vegetable Medley



FISH



GRILL



SERVES 4

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½ lb cherry tomatoes, halved

1 cup green olives, pitted and halved
2 cloves garlic, smashed and diced
1 oz fresh mint, chopped
1 oz fresh tarragon, chopped
½ lemon (juice)

Olive oil
Salt and black pepper, to taste
Pinch cayenne pepper
Pinch paprika

INSTRUCTIONS

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2. Brush the **Redfish fillets** with **olive oil** and season with **salt** and **pepper**.
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4. Husk the **corn** and remove as much silk as possible.
5. Place the fish, squash, zucchini, and corn on the preheated grill.
6. Grill the veggies until they have deep grill marks and are lightly charred; remove and set aside.
7. Grill the Redfish for about 3 minutes on the first side, then carefully flip and cook 1–2 minutes more, depending on thickness.
8. Transfer the fish to a warm oven while you finish the veggie medley.

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2. Cut the grilled squash and zucchini into bite-sized pieces, similar in size to the tomatoes.
3. Halve the **cherry tomatoes** (if not already) and **green olives**.
4. Smash and mince the **garlic**.
5. Chop the **mint** and **tarragon**; set the herbs aside to add at the very end.

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1. Heat a generous drizzle of **olive oil** in a large sauté pan over medium heat.
2. Add the cherry tomatoes and olives and cook for 1–2 minutes, just until the tomatoes begin to soften.
3. Add the corn, squash, and zucchini, along with the garlic.
4. Season with **salt**, **pepper**, a pinch of **paprika**, and a small pinch of **cayenne pepper**.
5. Cook for about 1 minute more, stirring to combine.
6. Turn off the heat and fold in the fresh mint, tarragon, and the **juice of half a lemon**. Taste and adjust seasoning.

Step 4: Plate

1. Spoon a generous portion of the roasted veggie medley onto each plate.
2. Top with a piece of grilled Redfish.
3. Finish with a light drizzle of olive oil and a squeeze of lemon, if desired.



A grilled take on Redfish, finished with a colorful mix of charred squash, blistered tomatoes, sweet corn, briny olives, and fresh herbs, just like in the episode.

WATCH THE EPISODE!

