

Escolar with Garlic and Herbs



Instructions:

- In a small bowl, mix Mushroom Olive Oil, White Garlic Balsamic, rosemary, and garlic.
- Season escolar steaks generously with salt and pepper, then rub the oil and herb mixture all over the fish.
- Preheat your broiler and line a broiler pan with foil.
- Place the steaks on the pan and broil for 8 minutes per inch of thickness, flipping halfway through.
- To check doneness, make a small cut in the center of one steak—fish should be opaque with just a slight translucency in the middle.

Ingredients:

- 4 pieces of escolar steak (6 oz each, skin removed)
- 2 tbsp Oliverde Mushroom Olive Oil
- 1 tbsp Oliverde White Garlic Balsamic
- 2 tbsp chopped fresh rosemary
- 2 garlic cloves, finely minced
- Salt and black pepper, to taste