

PAN FRIED SHARK STEAKS

F EASY

Last Modified: 06/10/2020

PREP: 3 To 4 Hrs
COOK: 30 Min
STOVETOP

SEAFOOD

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	3/4 Pound	Shark Steaks (Skin On)	1" Thick
DO NOT SUBSTITUTE			
		Swordfish, Marlin or Tuna	
3	Cloves	Garlic	Minced
1	Tsp	Sea Salt	
1+/-	Tbsp	Cajun Seasoning	To Taste
1	Medium	Lemon (Juiced)	
1	Medium	Lime (Juice & Zest)	
3	Tbsp	Olive Oil	
4	Tbsp	Salted Butter	

MARINADE

1	Cup	Buttermilk	
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PAN SAUCE

3/4	Cup	Spiced Rum (Bacardi)	
1	Tbsp	Flat Leaf Parsley	Fine Chop
3	Tbsp	Salted Butter	
1	Medium	Lemon	Thin Sliced

PREPARATION

FACTOID	Relatively inexpensive Shark Meat is indeed "unique". It is similar in texture to the other larger firm fleshed fishes. Shark has a slightly sweeter flavor and is very moist because of the high fat content. I know you probably don't want to hear this, but, Sharks do not urinate, the urea breaks down in their blood into ammonia. The ammonia then seeps through their meat and out into the Sea through their skin. We have the solution!
TOOLS	1) Gallon Zip Lock Bag 2) Large Cast Iron Skillet 3) Wire Rack
FACTOID	Large (older) ocean fishes tend to be high in Mercury and should NOT be eaten more than once every 2 to 3 weeks.
1	MARINADE: in a large zip lock bag, add in the Buttermilk and the Shark Steaks. Squeeze out the air, seal and squeeze lightly to evenly coat each piece with the Buttermilk. Refrigerate the Steaks for a minimum of 3, but no longer than 4 hours. Turn the bag over every once in a while to recoat the Steaks.
2	STEAKS: Remove each Steak from the Marinade, Pat them dry with paper towels. Dampen with Lemon Juice and sprinkle lightly with Cajun Seasoning and rub with your hands to evenly distribute the Spices. Place the Steaks on a wire rack to dry for a minimum of 10 minutes.

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3	SHARK: In a large cast iron skillet over medium heat add in the Olive Oil, Butter, Lime Zest and Garlic. Cook until the Garlic just becomes aromatic, about 3 minutes. Using tongs, add in the Shark Steaks.
4	SHARK: Cook the Steaks for 10 to 12 minutes on one side. Turn over and cook them for an additional 10 to 12 minutes.
CAUTION	Shark Meat MUST be cooked until done. NO rare or medium meat is allowed here. The amount of cooking time on each side depends upon the thickness and size of the Steaks. If unsure, make a tiny slice in one of the Steaks, the Meat should be evenly opaque through & through if it's still pink or translucent inside, cook for a bit longer.
5	PAN SAUCE: Remove the pan from the heat and turn off the burner. NO OPEN FLAMES NEARBY! Sprinkle the Steaks with the Lime Juice. Place a couple of thin slices of Lemon on top of each Steak. Pour the Spiced Rum over the top and light it on fire with a long handled match. Let it burn undisturbed to allow the flames to self-extinguish. Remove the Steaks and set them aside. Place the pan back over the warm burner, add in the Parsley and swirl in the Butter until melted.
SERVE	Place A Steak on a dinner plate, pour over a bit of the Rum Sauce and serve while hot.

