

A Man's Cookbook for "THE HERD"
By Robert Sturm

Spicy Snapper Vera Cruz

Ingredients:

- 1 each 6 – 8 ounce fillet of Snapper, skinless
- 1 tsp. Cajun Spice
- 1 ounce Vegetable Oil
- 4 ounces Vera Cruz Sauce
- 1 Lime, fresh, juiced (about 1 tsp.)



Directions: Pre heat oven to 350F. Rub snapper with oil and spice mix . Turn the exhaust fan on or open up the doors. The fish is going to smoke a bit. In a "HOT" cast iron skillet, place the snapper flesh side down. Cook for 2 minutes. Turn fish over in pan. Top fish with Vera Cruz sauce. Place the pan with the fish in the oven. Bake for 10 – 12 minutes or until done. Remove fish and sauce from pan. Place on plate and squeeze lime juice on top of fish.

