

Sautéed Striped Bass with Lemon and Herb Sauce

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If you find sea bass to be strong-flavored, remove the pan drippings from the skillet before making the sauce for a milder final product. The wine-butter sauce is a good complement to the dish, especially with caramelized lemon notes.

Ingredients

4 (5-oz.) skin-on striped bass fillets (either hybrid striped bass or wild), patted dry
¼ teaspoon black pepper
1 teaspoon kosher salt, divided
1 lemon, halved lengthwise
3 tablespoons olive oil
2 tablespoons dry white wine
2 tablespoons cold unsalted butter
2 tablespoons chopped fresh parsley

Method

1. Sprinkle fillets with pepper and 3/4 teaspoon salt; let stand 20 minutes.
2. Heat a large nonstick skillet over medium-high. Add lemons, cut sides down, and cook until lightly charred, about 5 minutes. Add olive oil, and place fillets, skin sides down, in skillet with lemon. Cook, undisturbed, until sides of skin begin to brown and fish is almost fully opaque, 5 to 7 minutes.
3. When the fillets appear to be approximately 90% cooked through, gently shake skillet. When cooked with patience, the fish will release itself from the pan, allowing you to flip the fillets without sticking. Flip fillets, and cook 1 minute. Transfer fish and lemons to plates. Cut each lemon half into 2

wedges. Wipe skillet clean.

4. Reduce heat to medium-low, and add wine, remaining 1/4 teaspoon salt, and butter. As butter melts, whisk to emulsify mixture. Spoon sauce over fillets. Sprinkle with parsley, and serve with a charred lemon wedge.

Prep

- Active: 30 Minutes
- Total Time: 30 Minutes

Source: Cooking Light (4 servings)