

Sea Bass in Beurre Blanc

Saffron rice or herbed potatoes go well with this dish. Freeze leftovers in a freezer bag. Serves 4-6.

Ingredients:

1 fillet of Sea Bass, skin on – approximately 1 ½ to 2 pounds
12 paper thin slices of lemon
1 Tsp. olive Oil
Salt
pepper

Preparation:

1. Brush the sea bass with olive oil.
2. Season with salt and pepper
3. Place on a rack, skin side down. Overlap lemon slices across midsection of fillet.
4. Bake in a 450 F oven for 12-14 minutes, depending on weight. Rest for five minutes.
5. Slice 3-4 ounce portions, and serve beurre blanc over lemon.

Beurre Blanc Ingredients:

1 Tbs. Shallot Chopped Fine
1 Tbs. Parsley Chopped fine
1 Tsp. Black pepper Corn
1/2 cup White Wine Dry
1/2 Tsp. Chervil Fresh Chopped Fine
Lemon
Salt
Pepper

Preparation:

1. In a sauce pan combine the shallot, parsley, pepper corn, white wine, bring to a simmer and reduce by 90%.
2. Remove from the heat and cool slightly.
3. Slowly add butter whisking constantly.
4. Strain the sauce add the salt, pepper, and lemon juice.
5. Add the chopped Chervil.