

## Lemon Garlic Sea Bass

### How to Pan-Fry Sea Bass

If you've ever made chicken piccata before, the process for this is very similar. **First, pat the fish dry.** It's important that most of the moisture is removed from the fish, so it gets a nice brown color on the outside.

Next **dredge the fish** in a mixture of all-purpose flour, kosher salt, and black pepper. Dredging simply means coating it in the flour mixture, and shaking off any excess. You should have a nice, thin coat of flour, salt, and pepper that covers every square inch of the surface of the fish.

Then, **cook the fish in a mixture of olive oil and butter.** The butter gives it a rich, golden color, while the olive oil makes it crispy. Mixing the two is my favorite way to pan-fry almost anything.

The fish will only take about 3-4 minutes to cook on each side, if you are using thin pieces of sea bass (*I used frozen Barramundi*). **Once they're finished, set them aside on a plate.**

### How to make the lemon garlic herb sauce

The sauce is made in the same pan in which you cooked the fish.

First, **add some white wine to deglaze the skillet.** I recommend a dry white wine, such as pinot grigio or sauvignon blanc. Immediately after you add it, use a wooden spoon to help stir up any browned bits from the bottom of the pan. Then, continue heating over medium-high heat until almost all the liquid has evaporated.

Then, **add a little more butter to the skillet** and heat until it's melted.

**Add some finely minced garlic and a mixture of fresh chopped herbs to the pan** – I used oregano, thyme, and parsley. Sauté until fragrant, only about 30 seconds. You don't want the garlic to burn.

Finally, **add some chicken stock** (*or vegetable stock, or water, if you don't have any*), heat until it's bubbling, then **turn off the heat and add some lemon juice and a little more butter.**