

Bronzed Sea Bass with Lemon Shallot Butter

- 6 ounces, weight (to 7 Ounces) Piece Of Sea Bass, With Or Without The Skin On
- 3 Tablespoons Butter
- 1 whole Medium-sized Shallot, Minced
- 1 whole Lemon, Zested And Juiced
- 3 Tablespoons Canola Oil
- Kosher Salt And Fresh Ground Pepper, to taste

Preparation Instructions

- Preheat the oven to 375 degrees. Season both sides of the fish generously with salt and pepper.
- Heat canola oil in a medium-sized oven-safe pan over high heat for a few minutes to let the oil get nice and hot. Once the oil has heated up for a couple of minutes, drop the sea bass into place and let it sit there untouched for two minutes. (Don't overcrowd the pan, as this will kill our ability to create a tasty crust on the fish.) Sear over high heat for 2 minutes, then transfer the pan into the 375-degree oven WITHOUT FLIPPING THE FISH OVER. Set the timer to 8 minutes.
- Meanwhile, begin making the lemon shallot butter sauce. Melting the butter over a medium-high heat. Add in the minced shallot and lemon zest. Cook over medium-high heat for a couple of minutes.
- When the shallots have become a little softer, squeeze in the juice of 1 lemon. Whisk together and reduce the heat to medium until you've got an incredible-smelling sauce. (Skipping the shallots in this process will make a super-simple lemon butter sauce.)
- Once the fish has been in the oven for 8 minutes, remove it and let it rest for a moment before serving. Take this time to remove the pin bones if your butcher didn't do it for you.
- This exact method will work well with halibut, salmon, or any other thick fish. Great results every time.

