

Chilean Sea Bass

My wife brought home a nice piece of Chilean Sea Bass and made sure she ripped off the price tag before putting it in the fridge. It is a little expensive, but it was the best piece of fish I ever had. If you treat yourself to this fish, here is a simple recipe I used that was delicious.

Enjoy, Dave

Ingredients

- 1 lb Chilean Sea Bass filet (skin on)
- 3 minced garlic cloves
- 2 Tbsp extra virgin olive oil
- 2 tsp fresh coarse black pepper
- 1 tsp ground salt
- 1/3 cup of white wine
- 1 Tbsp fresh minced parsley
- 2 lemon wedges



Directions

- 1) Preheat oven to 450 degrees.
- 2) In a cup, mix garlic, oil, salt, and pepper.
- 3) Rub fish with oil mixture. Sprinkle the wine over fish trying not to let oil mixture run off.
- 4) Bake fish for 15 minutes, then sprinkle fresh parsley and cook for another 5 minutes until fish reaches 145 degrees.
- 5) Drizzle remaining pan juices over fish and garnish with lemon wedges.



Favorite family recipes; from our home to yours.

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