

Sea Bass with Creamy Lemon Butter Sauce

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Sea bass is dredged in flour and fried before being served with a creamy lemon butter sauce in this simple recipe. You can use this recipe to prepare all sorts of fish, from white fish to oily fish, such as salmon.

Ingredients:

4 x 175g sea bass fillets, skinned and boned
125g plain flour
1 tbsp. each sea salt and black pepper
1 tsp. lemon pepper
3 tbsp. clarified butter
50g chilled butter
3 tbsp. lemon juice
350ml hot milk

Directions:

1. Combine flour, sea salt, black pepper and lemon pepper in a bowl. Reserve 4 1/2 tbsp. seasoned plain flour to one side.
2. Pat the fish fillets dry then dredge in the seasoned flour.
3. Melt the clarified butter in a large frying pan. Once frothy, add the fish fillets. Fry for 4 minutes on either side until browned and flaking.
4. Meanwhile, in a saucepan, combine the chilled butter and lemon juice. Once the butter is frothy, add the reserved seasoned flour. Stir well. Keep cooking, stirring, for 3-4 minutes. Gradually whisk in the hot milk, whisking all the while, until you have a thick, smooth sauce. Serve the sauce spooned over the fish.

Author: Laura Young