

Chilean Seared Sea Bass



The trick to making a great succulent pan seared sea bass is timing. In a non-stick pan add some olive oil and 2 pads of butter over a medium to high heat (3/4 turn). Season the sea bass, both sides, with pepper and salt. As soon as the butter has melted, add the sea bass to the pan, and cook for **3 1/2 minutes**, gradually turning down the flame to medium heat (1/2 turn). Flip the sea bass, adding another pad of butter, and cooking for an additional **3 minutes**. Separately and quickly, in a small bowl, microwave 3 tablespoons of butter, and 1 teaspoon of pureed garlic for 45 seconds. Quickly plate the sea bass, drizzle the microwaved butter garlic sauce, and squeeze some lemon over the sea bass to taste. Et voila!

Ingredients (single serving)

3/4 lbs Chilean Sea Bass

2 tbl Olive oil

1/2 stk Butter

1 tspn Pureed Garlic

1/2 Lemon

Pepper and Salt to taste



Email *

Subscribe



8887 Southwestern Blvd. Dallas, TX 75206 | franco@francococo.com | Tel. 415-312-6105

© 2026 by Mortarotti