



Pan-seared White Seabass

10 min

CA

Serves 4

Ingredients

Salt and pepper, to taste

2-3 tablespoons flour

4 fillets of white seabass (skin may remain intact)

Grape seed or olive oil, to coat pan

1 lemon, quartered

Season fillets with salt and pepper. Lightly dust each side with flour.

In a skillet over medium-high, heat enough oil to shallowly coat the bottom of the pan. Add fillets and cook 3-5 minutes per side, depending on thickness.

Serve with a squeeze of lemon juice. If desired, serve with white rice and favorite vegetables.

Notes: When cooking sea bass, flip when it turns opaque in color 1/4 of the way up fillet. Fish is done cooking when easily flakes with fork.

Recipe by fisherman Zack Roach, commercial fisherman on F/V Fish Addiction

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Species Group
White Seabass