

Roasted Sea Bass



Plan Z Phase: This is a Z2 (ZReduction) and a Happy Healthy Holidays recipe. Easter is the perfect time to make this. Sea bass is probably the most wonderful fish on the planet. Its taste is out-of-this-world. The buttery essence the drains out of it as you eat it will make you swear you just cheated on your diet. Sea bass is not in-expensive but if you want to treat yourself, there's nothing like it.

Servings: Serves 4 during ZReduction or 2 during ZReboot

Ingredients:

- 4, 6-8 oz pieces of sea bass. Most fish places already have them cut into 6 oz pieces or you can ask. I ask for the thicker pieces rather than the pieces closer to the tail which are thinner.
- olive oil spray
- your coating of choice

Instructions:

Pre-heat oven to 375 degrees.

This is so simple. Just lightly spray the sauté pan with olive

oil. Spray the flesh side of your sea bass filet with olive oil too. Then dust on your coating. This can be as simple as salt and pepper. I have used fish rubs, meat rubs, Cajun rub, Mexican rub, curry powder, Italian seasoning blend; all sorts of things. Just pick the style you want for your fish today.

Heat the pan to medium high. Put the fish in the pan coating side down. Let it cook on medium high up to 2 minutes or until there is a light brownish coating on the fish. Then put a spatula underneath and flip it over.

If your pan is oven-proof you can transfer it directly to the oven. If not, transfer the fish filets to an oven proof pan.

Then transfer to the oven. You'll let your sea bass roast at 375 degrees for approximately 15 minutes. You'll know it's getting done when places along the filet begin to crack. You might even see some yellow juices. Don't worry. That's not butter. That's the natural juice from the sea bass. You can pull at the fish a bit to make sure it flakes all the way through and there's no bluish color left. You know when fish is done when it's white through and through.

When you go to remove the fish from the pan the skin might stick. That's okay. Leave it there. If your skin comes along for the ride to the plate remember not to eat the skin.

This dish can be served plain or with all kinds of sauces. The roasted tomatillo sauce was designed for this dish.

Enjoy!

Cheers,