

# Lemon Butter Sea Bass



## Ingredients:

- Local Sea Bass (1/2 lb. per person)
- Capers
- Garlic
- White Wine
- Lemon Juice
- Butter
- Salt & pepper

## Cooking Instructions:

1. Pat sea bass dry, season with salt, place in a medium-high heat pre-oiled pan (TIP: to prevent sticking, drag fish filet across the pan once or twice before setting down)
  2. Sear sea bass, add capers and garlic
  3. Once seared, add in enough white wine to cover bottom of the pan, and deglaze pan until liquid is halfway reduced
  4. Add dash of lemon juice
  5. Top with butter, season with salt & pepper to taste
  6. Serve with grilled asparagus and your go-to carbs
- NOTE: Seafood must be at least 145°F internal before eating

