

# Chilean Sea Bass with Hazelnut Sauce

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Recipe By: Anne Pickett

## Ingredients:

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|--------|-----------------------------|
| 2      | Sea Bass Filets - Thick     |
| 2 Tbsp | Light Olive Oil             |
| ½ c    | Chopped & Roasted Hazelnuts |
| ½ c    | Chardonnay or Pinot Blanc   |
| 4 Tbsp | Butter - Cold               |
| 3 Tbsp | Chopped Parsley             |
|        | Salt & Pepper to taste      |



# Chilean Sea Bass with Hazelnut Sauce - Directions

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## Directions:

1. Pre-heat oven to 425 degrees.
2. Heat an oven-proof skillet on the stove. Add olive oil to heated pan.
3. Season fish with salt and pepper and sear sea bass filet, skin side down.
4. Place on skillet and transfer to oven. Roast fish for 15-20 minutes.
5. Remove from the oven and keep the fish warm on a serving plate.
6. Return the skillet to the stove at medium high heat. Add the shallots and cook to translucent.
7. Add the hazelnuts to shallots and then deglaze the pan with white wine.
8. Turn the heat up to high and reduce the wine until there are only a couple tablespoons of liquid left in the pan.
9. Reduce the heat to medium. Slowly add the fridge cold butter a hunk at a time to the pan. Swirl to incorporate. Do not stir.
10. When all of the butter has been added, taste the sauce for salt and pepper and finish with chopped parsley.
11. Spoon mixture over the fish and serve.