

Baked Chilean Sea Bass with Sherry Cream Sauce

Ingredients

4 Chilean Sea Bass Fillets, 5 oz each
Olive Oil
Salt & Pepper
Cajun or Creole seasoning

Sherry Cream Sauce:
2 tbsp Butter
1 small clove Garlic, minced
1 tbsp Onion, finely chopped
1 cup Heavy Whipping Cream
1 tbsp Sherry
Salt & Pepper to taste
Optional Seasonings: Paprika,
Creole/Cajun Seasoning, Nutmeg

Directions

For the Fish: Preheat oven to 425°. Brush baking pan with olive oil. Sprinkle both sides of fish with salt, pepper, and Cajun or Creole seasonings. Place fish on pan and bake for 15 to 20 minutes, depending on thickness of fish.

For the Sauce: Melt butter in saucepan over medium-low heat. Add garlic and onion. Sauté for 1 minute. Add cream and sherry. Bring to a simmer. Reduce heat and simmer for 5 to 8 minutes. Sauce should be reduced by about 1/4 to 1/3. Taste and add salt, pepper and optional seasonings as desired.

To Serve: Place fish on plate and spoon sauce over. Enjoy!

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