Simple Grilled Sea bass

Are you looking for fish that isn’t fishy? We have just the recipe for you. In this recipe we start with some Sea bass, then add to that some oil, lemon, garlic, band seasoning. Next, we grill it over some high heat and then top it with more lemon butter and serve it on wilted spinach. That’s simple and amazing, not fishy, fish. Enjoy, Chef Jason

Chef Jason K. Morse, CEC | Ace Hardware Grill Expert | Owner, 5280 Culinary

##### **Yield:** 2 People

##### **Prep time:** 10 Minute Prep

##### **Total time:** 20 Minutes Cook Time

# Ingredients

### *Measure* ***Ingredient Prep Notes***

### 2 ea **Sea bass, Filets, 8 oz wt Skinned and trimmed**

### 1 Tbsp **Oil, Olive**

### Taste **Rub a Dub, 5280 Culinary**

### Taste **Garlic, Fresh, Crushed**

### Taste **Lemon Juice, Fresh**

### Taste **Fishy Fishy Rub, 5280 Culinary**

### 4 tbsp **Lemon Butter from grocery store in butter section**

### 2 cups **Spinach, Baby**

### 1 ea **Roma Tomato, Diced**

### 1 ea **Lemon, Fresh, Large**

### 1 ea **Parsley, Italian, Bunch**

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### Garnish With **Fresh Parsley and Sliced Lemon**

# Prep Directions:

* FISH Selection – Check with your local grocery store or fish market
  + Seabass or Halibut (when in season)
  + Free from bloodline
  + Skinless
  + 8oz thick steak cut
  + FRESH, Not frozen or previously frozen (if possible)

# Cooking Directions:

*Preheat Weber Grill to 450 Degrees*

Lightly Oil the Sea bass Filet on both sides

Mix the Rub A Dub, Oil, Garlic, Lemon Juice and Fishy Fishy Together

Adjust seasoning amounts as needed

Season both sides of the Sea bass with 2/3 of the seasoning/oil mixture – reserve 1/3 for later use

Allow to sit for 5 minutes to allow the rub to soak in and activate

Open the grill and place the perforated grilling pan on the grill, close lid and heat for 2 minutes

Open the lid and add cast iron pan to grill to heat up and be ready for spinach

Next Place the seasoned Sea bass on the perforated grilling pan and close the lid

Cook the seabass to the desired doneness, being careful not to burn or ignite the cedar plank

I recommend cooking fish to a temp of 145˚, this will be opaque in color and firm

When the Sea bass is getting close to your desired doneness (within the last 5 minutes of cooking)

Using a silicone brush

Baste top of the Sea Bass with more of the seasoning/oil mixture

Close the lid and allow glaze for 1-2 minutes

Add to the cast iron pan 2 tbsp of the lemon butter and let melt

Add the Roma tomatoes and spinach and season if desired

Cook the spinach until it is fully wilted BUT still bright green. Use tongs to stir spinach

Remove spinach and place onto the center of a plate

Remove grilled fish from the grill pan, using a spatula and place on top of the spinach, on the plate

Garnish with

Chopped Italian Parsley

Sliced Lemons

Lemon butter

# Don’t Have a Gas Grill:

Try This on / in:

Traeger Grill

Big Green Egg Grill

Blackstone Griddle

Stove Top in cast iron pan

Oven in cast iron pan

# SHOPPING LIST: