



Fresh. Simple. Sustainable.

## **Pan Roasted Seabass with Mushrooms and Marsala**

### **The Reluctant Gourmet**

2 tablespoons olive oil  
1 tablespoon of butter  
1 large onion  
1/4 cup Marsala wine  
8 oz. fresh mushrooms (a mix of wild mushrooms will add flavor)  
1/2 cup of chicken stock  
Salt and Pepper  
2 tablespoons canola oil  
2 fillets of white seabass (approximately 1 lb.)  
1 tablespoon parsley, chopped

Finely chop onion. Slice mushrooms. Chop parsley.

Preheat oven to 450°F. Heat the olive oil in pan over medium high heat and sauté onion until it's translucent.

Deglaze the pan with Marsala wine. Be careful to remove the pan from the stove when doing this to prevent the wine from igniting. (You can use white wine if you don't have Marsala wine. It will give the dish a slightly different taste, but you may like it better.)

When most of the wine is cooked off, add the mushrooms and butter. Reduce the heat to medium and cook until the mushrooms are tender.

Add the chicken stock, a little salt and pepper, and let the sauce cook down until it thickens. Rule of thumb: when the sauce can coat a spoon, it is the correct thickness.

In an oven proof sauté (fry) pan, heat the canola oil until its so hot it's about to smoke. Season the fillets with salt and pepper and add to the hot pan skin side down.

Cook 4 to 5 minutes until the skin is nice and crispy. Turn over for 30 seconds, transfer to oven and roast for about 4 to 5 minutes.

Spoon the onion-mushroom mixture onto plate and top with the pan roasted fillets. Sprinkle with chopped parsley and serve.

Serves 2 to 3

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