

Grouper / Sea Bass

Equipment needed:

Non-stick pan or cast-iron skillet, wide fish spatula, large spoon

[] Ingredients:

Grouper/Sea Bass filets – 6 to 8 ounces per portion

Cooking oil – 2 Tablespoons

(Canola, Grapeseed, Blended Olive Oil, or any other oil with a high heat flash point)

Unsalted Butter – 2 Tablespoons

Garlic Cloves – 2 each (pound to give it a slight crush)

Fresh Thyme – 5 to 6 sprigs

Salt – To taste



[Cooking Grouper / Sea Bass] Method

1. Before cooking, bring your Grouper/Sea Bass filet or filets to room temperature. This brings the entire filet closer to the desired internal temperature. It will also help eliminate any unwanted condensation that may cause excessive spattering or even flares ups. Be sure to rest on a paper towel to absorb escaping moisture. This should take anywhere from 20 to 30 minutes.
2. Heat pan or skillet to medium high heat. When ready, add cooking oil to hot pan and coat the bottom. If you see a nice shimmer, you know your heat is on point.
3. Season your filet on both sides and then carefully place in the pan presentation side down or skin side up. There should be immediate sizzling and crackling.
4. Using your fish spatula, press down with just enough weight to maintain full surface friction.
5. Let the heat and the proteins do their magic. You will do most of the cooking on this side of the filet. Cook fish until there is good caramelization and golden brown. You will know you have a great sear going on when the fish releases from the pan without sticking.
6. Sear for a good 3 to 4 minutes.
7. Once you have reached a crusty golden brown, turn your heat down to medium and flip your filet over carefully.
8. Next add pounded garlic, thyme, and butter to the pan.
9. Take your large spoon into your dominant hand and grab the handle of your skillet with the other hand. Tilt the pan to puddle the melting butter towards you and begin spooning and basting the filet with the butter, oil, garlic, and fresh thyme. This process is called Arroser and in French it means to baste with butter or fat. During this part of the process, the thyme, garlic, butter, and flavors of all these aromatics will imbibe themselves into the flaky and meaty Grouper/Sea Bass.
10. Once your filet hits medium to medium well remove from pan and allow to rest for 5 to 10 minutes and enjoy.