



recipe for march

Chilean Seabass Meuniere

Ingredients:

- ½ cup all-purpose flour
- ½ cup 2% reduced-fat milk
- 4 (6-ounce) sea bass fillets (about 1" thick)
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 2 tablespoons butter, divided
- ¼ cup minced shallots
- ¼ cup white balsamic vinegar
- ¼ cup fat-free, less-sodium chicken broth
- 2 tablespoons chopped fresh parsley

Preparation:

Step 1

Place flour in a shallow dish. Place milk in another shallow dish. Sprinkle fish evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper. Working with one fillet at a time, dredge fish in flour, shaking off excess. Dip fish into milk, allowing excess to drip off; dredge again in flour. Set aside. Repeat procedure with remaining fish, flour, and milk.

Step 2

Heat a large nonstick skillet over medium-high heat. Add 1 tablespoon butter to pan, swirling until butter melts. Add 2 fillets to pan; reduce heat to medium, and cook 4 minutes on each side or until golden brown and fish flakes easily when tested with a fork or until desired degree of doneness. Remove fish from pan; keep warm. Repeat procedure with remaining 1 tablespoon butter and the remaining 2 fillets. Remove fish from pan; keep warm.

Step 3

Increase heat to medium-high. Add shallots and remaining 1/4 teaspoon salt to pan; sauté 1 minute or until tender. Add vinegar and broth; simmer 1 minute. Add parsley and remaining 1/4 teaspoon pepper. Spoon sauce over fish.