

# LEMON CAPER CHILEAN SEA BASS STEAKS WITH BROCCOLINI

SERVES 2



## **Ingredients**

- 1/4 cup olive oil
- 3 garlic cloves, minced
- 1/4 teaspoon dried hot red-pepper flakes
- 1 lb Broccolini, trimmed
- 1/3 cup water
- 1/4 teaspoon salt
- 1/2 cup Cake Flour
- Salt & Fresh Ground Black Pepper to taste
- 2 Chilean Sea Bass Steaks, 6 oz each
- 2 tablespoons unsalted butter
- 2 tablespoons fresh lemon juice
- 1-1/2 tablespoon capers

## **Instructions**

Heat 2 tablespoons oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook garlic and red-pepper flakes, stirring, until golden, about 30 seconds. Add Broccolini and cook, turning with tongs, until coated with oil.

Add water and salt and cook, covered, stirring occasionally, until crisp-tender, 8 to 10 minutes. Transfer to serving plate and, if necessary, cover loosely with foil until fish is done and ready for plating.

When Broccolini is covered to simmer, heat remaining 2 tablespoons oil in a 10-inch heavy skillet over moderately high heat until hot but not smoking. While oil heats, season sea bass with salt and pepper.

Next dredge sea bass in flour forming a light crust.

Place sea bass steaks in hot skillet meat side down first.

Sauté coated steaks over moderately high heat, turning over once, until golden, about 4 minutes per side.

Serve on top of Broccolini.

Reduce heat to low, add butter to the skillet along with the lemon juice and capers and cook over moderate heat just until butter melts, about 45 seconds. Pour lemon caper sauce over sea bass steaks

Serve immediately