

Orange Crusted Seabass

Courtesy of Carole's Creations

Prep Time: 5 minutes

Standing time: 20 minutes

Cooking Time: 10 minutes

Serves: 2

CChints: Seabass is a sweet white fish that can be expensive, but it is worth it. Buy it fresh and cook it the same day. It usually comes in 3/4 to 2 inch tall pieces. When you buy an orange for this recipe, you can slice it to get the juice for this recipe and use a microplane to zest the orange. Any rinds that are left can be put in a sealable plastic bag and frozen for up to 6 months until you need orange zest again.



2 – 6 to 8 ounce Seabass filets

1/3 cup Teriyaki & Pineapple bottled marinade

1/4 cup orange juice

Cooking spray

1 teaspoon brown sugar

1 teaspoon Salad Supreme® bottled seasoning by McCormick®

Dash of salt

3 teaspoons orange zest, divided

9 ounce envelope of dry Bearnaise Sauce mix

2 tablespoons unsalted butter

1 cup skim or 2% milk

Rinse the fish and pat it dry. In a sealable bag that is large enough for the fish, combine and marinade and orange juice. Add the fish to the bag and seal the bag. Put the fish in the refrigerator for 20 minute.

Locate a baking pan large enough for the fish. Move your own rack to the top level but make sure that you baking pan will still fit in the oven. Preheat the oven to 400 degrees F and spray the bottom with cooking spray.

After the 20 minutes, remove the fish from the bag and lay each piece in the baking pan. Throw away the bag and marinade. Sprinkle the fish with the brown sugar through salt. Use a microplane to zest 2 teaspoons of the orange but do not get any of the white part because it can be bitter.

Put the pan in the oven and bake for 10 minutes. During this time start the sauce and your side item. Prepare the sauce according to package directions using the milk, butter and the last teaspoon orange zest. It cooks quickly and let it sit in the pan, away from the heat, to keep warm until the fish is done.

After the 10 minutes, remove the fish from the oven and if it flakes in the middle, it is done...if not, put it back in the oven for another 2 minutes. Turn the broiler on and let the fish broil for another 2 minutes, while you keep watch over it so it doesn't burn.

To serve, pour a little of the sauce on each plate and lay a piece a fish in the sauce. Serve with the side item. Extra sauce can put in a small serving containers by each plate.

Caroleicious!