

**Pan Seared Sea Bass with Lemon Caper Sauce and Asparagus Risotto** ~ Created by Chef Brandon Chrostowski



**INGREDIENTS**

- 2 - 6 oz skinless sea bass fillets
- 1/2 lb. asparagus, trimmed, 6 stalks reserved and remaining cut in 1 inch pieces and blanched
- 1 medium shallot, finely diced and divided
- Zest of 1 lemon
- Juice of 1 lemon
- 1 tsp fresh basil, chiffonade
- 1 TBSP fresh chives
- 3-4 cups hot chicken stock
- 1 cup dry white wine
- 1 cup arborio rice
- 2 oz Parmesan, finely grated
- Salt and freshly ground black pepper, to taste
- 4 TBSP cold butter, divided
- 2 TBSP olive oil
- 2 TBSP capers, rinsed and drained
- Dusting flour (1 TBSP flour + 1 TBSP corn starch)

**DIRECTIONS**

**Risotto**

Preheat a medium sauce pan over medium high heat. Add 1 tablespoon olive oil and arborio rice. Toast rice grains until they become opaque, 5-7 minutes. Add shallot, reserving 1 tablespoon. Cook for 1-2 minutes to soften. Reduce heat to medium and add ½ cup of dry white wine and a large pinch of salt and freshly ground black pepper. Stir the rice until it has absorbed all the liquid. Then, add a ½ cup of chicken stock and stir until rice has absorbed all the liquid. **NOTE: For a velvety risotto, it is important to stir continuously to release the starches in the rice.** Continue adding chicken stock ½ cup at a time until the rice is tender. When the rice is tender, add one last ½ of stock and remove from heat. Add the grated Parmesan cheese and stir to melt. Add asparagus and lemon zest and set aside, keeping warm. Just before plating, add the 1 tablespoon of chives and stir in. Taste for seasoning. **NOTE: If the risotto seizes up before plating, simply stir in another ¼ to ½ cup of stock.**

**Sea Bass**

Preheat oven to 400°. Preheat skillet on high. Generously salt and pepper fillets on presentation side and dredge presentation side in dusting flour. Add 1 tablespoon olive oil and 1 tablespoon butter to skillet and let butter melt. Add fillets presentation side down and reduce heat to medium high. Let fillets cook 3 minutes to develop a beautiful crust. Turn over fillets, cook 1 minute, then transfer fish to sizzle plate or small oven-safe pan along with the 6 reserved asparagus stalks and place in oven for 8-10 minutes. Meanwhile, pour off most of the fat from the skillet and return it to medium heat.

**Lemon Caper Sauce**

Add the reserved 1 tablespoon shallot to the skillet and cook over medium heat until tender, 1-2 minutes. Add juice of 1 lemon and remaining ½ cup of dry white wine. Bring to a simmer and reduce by half. Reduce heat to low and add 1 tablespoon basil, and butter, 1 tablespoon at a time, whisking until it melts between each addition. Add capers. Set aside and keep warm. Remove fish from oven and plate.

**Plate**

In large rimmed bowl, scoop half the risotto in the bottom of each bowl. Lay 3 asparagus stalks on top of the risotto and a fillet of fish on top of the asparagus, gently pressing down to stabilize it. Drizzle the lemon caper sauce over the fish.