

# Chilean Sea Bass with Asian Marinade

## Ingredients

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24 oz Chilean Sea Bass  
1/2 Lemon (cut into wedges)  
1 Green Onion (chopped)  
1 1/2 T Soy Sauce  
1 1/2 T Mirin  
2 T Vegetable Oil  
4 t Sugar  
2 t Ginger (grated)  
1 1/2 t Rice Vinegar  
3/4 t Salt

## Instructions

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1. Pat fish with a paper towel to dry. Flip it skin side up and score the skin by making shallow cuts with a knife.
2. Add soy sauce, mirin, 1 1/2 tablespoon vegetable oil, sugar, ginger, rice vinegar, and salt in a bowl. Mix well then add the sea bass and massage the marinade into the fish. Let it marinate on the counter for 15 minutes.
3. Heat a non-stick pan over medium to medium low heat and add 1/2 tablespoon of vegetable oil to the pan. Once the pan is heated, scrape off any excess marinade and place the fillets skin side down. Leave it alone until it starts sizzling and rendering out fat. Leave the pan uncovered.
4. Lightly press down with the flat side of your spatula for a few seconds. Let the skin continue

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cooking until very crispy. Depending on thickness, times will vary. It takes about 4 to 5 minutes.

Check halfway through and lower the heat if necessary to avoid burning the skin.

5. Flip the fish and cook it skin side up until the flesh is opaque and easily flakes apart. Do not cover the pan with a lid as the steam will soften up the skin.

6. Plate the sea bass crispy skin side up and serve immediately with lemon wedges and topped with green onions.