

# Pan-Seared Striped Bass

*with Lemon Pan Sauce, Creamed White Beans & Jicama Slaw*

Serves 4

*Note: Recipe is based on small striped bass (1.5–2 lbs whole fish weight) yielding 4 fillets.*

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## Ingredients:

### For the Striped Bass:

- 4 striped bass fillets (skin on, scored 3 times on the skin side)
  - 2 tbsp neutral oil (plus more as needed)
  - Salt and pepper to taste
  - 4 tbsp unsalted butter
  - 2 tbsp minced shallots
  - 1 tbsp minced capers
  - 2 sprigs fresh thyme
  - 1 tbsp minced parsley
  - $\frac{3}{4}$  cup heavy cream
  - 2 tbsp malt vinegar
  - 1 lemon, sliced into wedges or rounds (for garnish)
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## Instructions:

### 1. Sear the Fish:

1. Heat oil in a large skillet over medium-high heat.
2. While the oil heats, pat fish dry and season with salt and pepper.
3. Place fish **skin-side down** and sear for about 2 minutes, until the skin is golden and crispy.
4. Gently flip the fish and sear the flesh side until just cooked through—moist, flaky, but not falling apart.
5. Remove and rest fish on a paper towel-lined plate.

### 2. Make the Lemon Pan Sauce:

1. Reduce heat to **low** and drain excess oil from the pan if needed.
2. Add **shallots** and sauté until translucent.
3. Add **capers, thyme, and malt vinegar**. Let reduce by  $\frac{3}{4}$ .
4. Stir in the **cream and parsley**; simmer briefly to thicken (about 30 seconds).

5. Remove from heat. Add in the **butter**, stirring or swirling the pan to emulsify the sauce.  
*Tip: Whisk gently or swirl the pan in a circular motion to incorporate the butter slowly without breaking the sauce.*
6. Season to taste with salt and pepper.

### 3. To Serve:

- Spoon the lemon pan sauce onto the center of the plate.
  - Place fish **skin-side up** on top of the sauce.
  - Garnish with lemon wedge and fresh parsley if desired.
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## Creamed White Beans

### Ingredients:

- 2 cans (15 oz) northern white beans, drained and rinsed
- 1 tbsp oil
- ¼ cup red onion, finely minced (or shallots)
- 2 cloves garlic, minced (about 2 tbsp)
- 3 sprigs fresh thyme (leaves only)
- 1 cup heavy cream
- 1 tbsp malt vinegar
- Salt and pepper to taste

### Instructions:

1. Heat oil in a sauté pan over medium heat. Add **onion** and cook until tender.
  2. Add **garlic** and cook until fragrant (about 30 seconds).
  3. Deglaze with **malt vinegar** (it will evaporate quickly).
  4. Add **heavy cream**, then stir in **thyme** and **beans**.
  5. Simmer over low heat until creamy. If too thick, add a splash of cream.
  6. Season with salt and pepper to taste.
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## Jicama Slaw

### Ingredients:

- 2 cups jicama, peeled and julienned
- 1 cup red onion, thinly sliced
- 1 cup fennel bulb, thinly sliced
- 1 tbsp parsley, minced

- Juice of 1 lemon
- 2 tsp neutral oil
- Salt and pepper to taste

**Instructions:**

1. Combine all ingredients in a large bowl.
2. Toss to coat evenly. Chill until ready to serve.