

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 98 – Pan Fried Sea Bass Fillet

**Preparation time: 2 mins    Cooking time: 8 mins**

#### Ingredients for flan case:

3 sea bass fillets  
2 tblspn plain flour  
2 tblspns olive oil  
knob of butter  
salt and pepper to taste

#### Method

1. Dip seabass fillets into plain flour with salt and pepper (both sides)
2. Heat frying pan until fairly hot
3. Add oil, then the butter and then the fish – this whole operation should take no more than ten seconds – (always lay fish away from you otherwise if it splashes it will splash on you rather than on the back of the cooker)
4. After two minutes, turn the fish (again, away from you)
5. Place on baking tray and place in hot oven for 6 minutes
6. Remove from oven and serve with tomato concasse (see [www.leithlinks.co.uk](http://www.leithlinks.co.uk) for recipe)

*Serves 3*

