Joe's
SEAFOOD
PRIME STEAK
& STONE CRAB®

PAN-SAUTÉED BRANZINO

Yield: 1 Serving

INGREDIENTS

FOR THE FISH

1 whole branzino, butterflied and deboned, skin on

2 Tbsp. clarified butter

Kosher salt and freshly ground black pepper to taste

CARAMELIZED LEMON JUICE

2 lemons, halved

1 Tbsp. sugar

HERB OIL

3 Tbsp. arugula, chopped (stems removed)

3 Tbsp. Italian parsley, chopped (stems removed)

2 tsp. basil, chopped (stems removed)

2 tsp. lemon zest

¼ cup extra virgin olive oil

Kosher salt and freshly ground black pepper, to taste

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METHOD

HERB OIL

1. In a small bowl, combine the arugula, parsley, basil and lemon zest.
2. Slowly whisk in the extra virgin olive oil and season with salt and pepper.
3. Cover and set aside at room temperature.

CARAMELIZED LEMON JUICE

1. Toss the halved lemons in sugar and let sit for about 3 minutes.
2. In a dry skillet over medium-high heat, sauté the lemons cut side down until deeply caramelized, including the skins, approximately 5 - 7 minutes.
3. Flip the lemons occasionally to heat through.
4. Once caramelized, squeeze the juice into a bowl using a fork to help extract as much as possible.
5. Strain through a fine-mesh strainer to remove seeds and set aside.

THE BRANZINO

1. Preheat the oven to 450°F.
2. Pat the fish dry and season both sides with salt and pepper.

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3. In a large oven-safe skillet (preferably cast iron) over high heat, add the clarified butter.
4. As soon as the butter is melted and shimmering, place the branzino skin-side down inthe pan.
5. Reduce heat to medium high and cook for 4 - 5 minutes, until the skin is golden and crisp.
6. Transfer skillet to pre-heated oven and roast for 2 - 3 minutes or until fish is cooked through.
7. While the fish cooks, whisk the reserved caramelized lemon juice into the herb oil mixture, then slowly drizzle in the additional ¼ cup extra virgin olive oil, stirring to combine and season with salt and pepper to taste.
8. Carefully transfer the branzino to a serving plate.
9. Spoon the lemon herb oil generously over the top and serve immediately.

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