

CHILEAN SEA BASS WITH OYSTER MUSHROOMS

Serves 4 adults

INGREDIENTS

1 ½ - 2 Lbs. Chilean Sea Bass filets	1 C flour
2 T. butter	2 T. olive oil
1 C. white cooking wine	1 T. butter
¼ lb. fresh Oyster Mushrooms	1 bunch of asparagus, washed & trimmed
2 T. capers, drained	



DIRECTIONS

In a bowl, mix flour with some sea salt and black pepper. One at a time, place fish filets in the boat to coat with the flour mixture shaking off excess. Add the butter and oil to large non-stick skillet, and heat over medium heat for a couple of minutes. Add the bass filets, and increase the heat to high. Cook the fish until a nice golden brown (about 3 minutes), and then flip over to cook the other side. Remove the fish and put on a plate. Keep it warm. Add the white wine to the pan and stir. Immediately add the asparagus and deglaze. Cook over high heat while stirring until reduced by about 1/3. Stir in the remaining butter and mushrooms. Cook until the mushrooms are soft and then add the drained capers. Place the fish and asparagus on the plate. Place the mushrooms on top of the fish. Spoon the white wine sauce around the plate, and serve.

Credit: Recipe by Angel Miller of 2 Angels Mushroom Farm