

Recipe: Perfectly Grilled Sea Bass

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Summer always reminds me of barbeques and grilling outside, even if it is 120 degrees in Arizona. That being said, I thought that I would share one of my favorite grilling recipes.



This sea bass recipe is my hands-down favorite when it comes to grilling fish. I trade off using halibut and sea bass, depending on what looks best at the grocery store, but almost any other white fish will incorporate well. Enjoy!

Perfectly Grilled Sea Bass

Ingredients:

- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon paprika
- lemon pepper to taste
- sea salt to taste
- 2 pounds sea bass
- 3 tablespoons butter
- 2 large cloves garlic, chopped
- 1 tablespoon chopped Italian flat leaf parsley
- 1 1/2 tablespoons extra virgin olive oil

Directions:

1. Preheat grill for high heat.
2. In a small bowl, stir together the garlic powder, onion powder, paprika, lemon pepper, and sea salt. Sprinkle seasonings onto the fish.
3. In a small saucepan over medium heat, melt the butter with the garlic and parsley. Remove from heat when the butter has melted, and set aside.
4. Lightly oil grill grate. Grill fish for 7 minutes, then turn and drizzle with butter. Continue cooking for 7 minutes, or until easily flaked with a fork. Drizzle with olive oil before serving.

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