

Pan-Roasted Sea Bass with Chive-Garlic Compound Butter

This is one of Chandler's recipes that can be prepared in half an hour.

For the Chive-Garlic Compound Butter:

1 cup unsalted butter (2 sticks), at room temperature
2 tbsp. finely minced fresh chives
1 clove garlic, minced
Pinch of Kosher salt

For the Pan-Roasted Sea Bass:

4 sea bass fillets (4 to 6 ounces each)
Kosher salt and freshly ground black pepper
2 tbsp. olive oil



To make the compound butter: In the bowl of an electric mixer, using the paddle attachment, beat the butter until light and fluffy. Add the chives, garlic and salt, and mix until thoroughly combined. Spoon the mixture in the shape of a log onto a piece of parchment paper. Fold the paper over itself. Using your hands, shape the butter into a cylinder about 1½ inches wide (almost like making a Tootsie Roll™.) Once it is shaped, twist the edges to seal it. Place in the freezer to set, about 20 minutes, then refrigerate until ready to serve. When ready to serve, slice the roll into ¼-inch rounds and remove the parchment. (Only 4 slices of compound butter are needed for this recipe.)

To cook the fish: Preheat the oven to 375°. Generously season the sea bass with salt and pepper. In a large ovenproof skillet over medium heat, warm the oil until a few water droplets sizzle when carefully sprinkled in the skillet. Sear the sea bass, skin side up, until the meat is well browned and easily releases from pan, about 4 minutes. Flip over and cook until seared, about 1 minute. Transfer the pan to the oven and roast until the fish is medium rare, about 5 minutes, or until desired doneness. Serve with a slice of compound butter on top. Serves 4.

Cooking Tip: Compound butter is simply butter with an added flavor or two mixed in. These butters are a very easy way to look as if you went to a lot of trouble. Compound butter is also delicious with potatoes, corn on the cob, vegetables and steaks. Experiment with your favorite flavors. Some of my other favorite compound butter combinations are lemon chive, fresh herb, bacon and bleu cheese and Parmesan and toasted pine nut.

Do Ahead: The rolled butter can be stored for up to 1 week in the refrigerator and up to 1 month in the freezer.