

Sea Bass alla Fiorentina

1

Recipe courtesy Giada De Laurentiis

Prep Time:	10 min	Level:	Serves:
Inactive Prep Time:	hr min	Easy	4 servings
Cook Time:	20 min		

Ingredients

- 4 (6-ounce) pieces sea bass
- 1/4 teaspoon salt, plus more for seasoning fish
- 1/2 teaspoon freshly ground black pepper, plus more for seasoning fish
- 2 cups all-purpose flour
- 3 tablespoons extra-virgin olive oil, plus 3 tablespoons
- 3 garlic cloves, chopped
- 1 (14-ounce) can crushed tomatoes
- 1/2 cup water
- 1 tablespoon chopped fresh parsley leaves
- 1 tablespoon chopped fresh basil leaves

Copyright 2010 Television Food Network G.P., All Rights Reserved



Sea Bass alla Fiorentina

2

Recipe courtesy Giada De Laurentiis

off the excess flour to create a light coating.

In a medium nonstick fry pan, heat the 3 tablespoons olive oil over medium heat. Cook the fish until golden brown, about 3 minutes per side. Transfer fish to a plate.

Wipe out the pan with a paper towel and heat the remaining 3 tablespoons olive oil over medium heat. Add the garlic, tomatoes, water, parsley, 1/4 teaspoon salt, and 1/2 teaspoon pepper and cook at a simmer for 10 minutes. Add the basil and the fish and heat for 2 minutes. Serve immediately.

Copyright 2010 Television Food Network G.P., All Rights Reserved

