



RECIPES > CUISINE > EUROPEAN > SPANISH

Sea Bass à la Michele

★★★★★ 4.8 (132)

105 REVIEWS

41 PHOTOS

This oven-roasted sea bass recipe uses an easy and crowd-pleasing technique (and by crowd, I mean my wife). Whenever I can't decide on what to do with a piece of fish, I usually opt for this method, which involves roasting seafood after it's been slathered in a highly seasoned vinaigrette. It's baked on top of a warm potato salad.

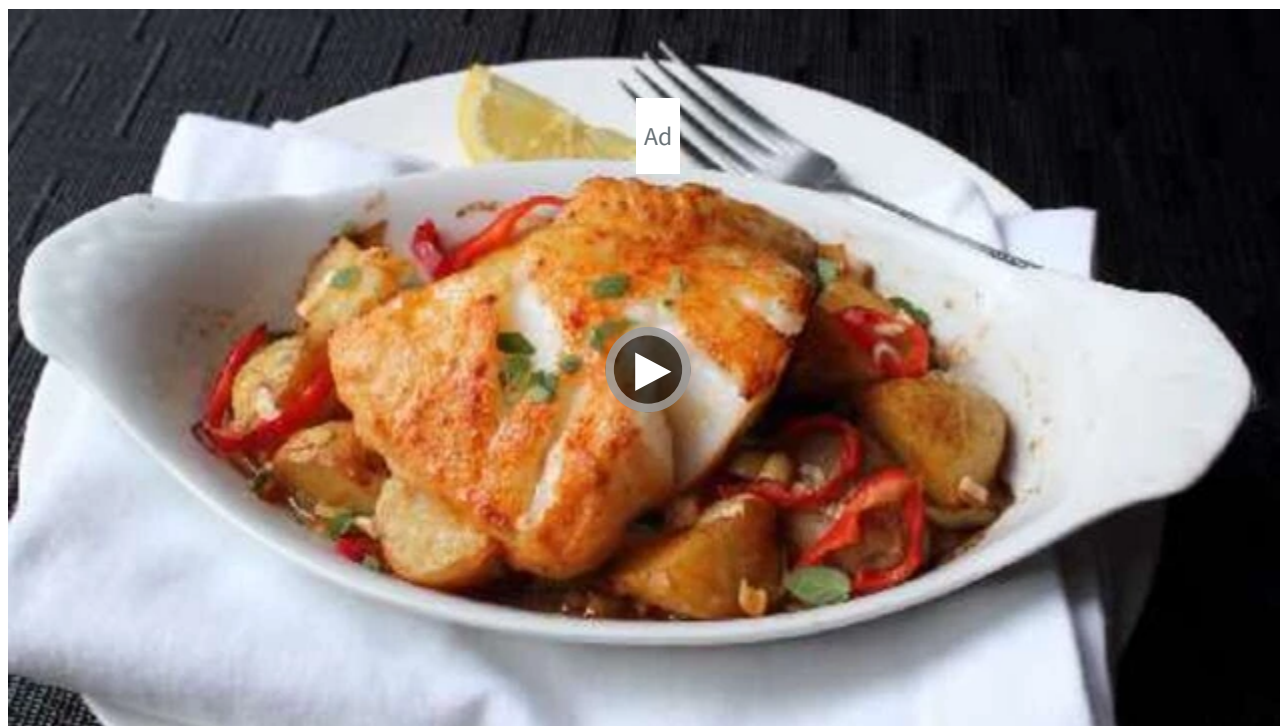
Recipe by Chef John | Updated on March 15, 2023

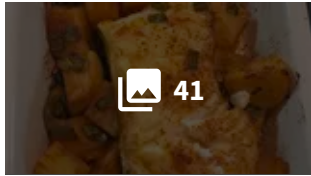
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Prep Time:

15 mins

Cook Time:

20 mins

Total Time:

35 mins

Servings:

2

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Ingredients

- 4 small potatoes, quartered
- 2 tablespoons olive oil, plus more for drizzling
- 2 tablespoons sherry vinegar
- 1 teaspoon smoked paprika, plus more for topping
- 1 teaspoon kosher salt, plus more to taste
- ½ cup sliced green onions
- 1 red jalapeño pepper, sliced
- 2 (8 ounce) thick-cut boneless, skinless Chilean sea bass fillets



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Directions

Step 1

Preheat the oven to 450 degrees F (230 degrees C). Grease a baking dish.

Step 2

Place potatoes in a microwave-safe dish. Microwave on high until just softened, about 5 minutes.

Step 3

Whisk oil and vinegar together in a mixing bowl. Whisk in paprika and salt, then stir in green onions and jalapeño. Stir in cooked potatoes until coated. Slide sea bass fillets into the bowl, turning several times to coat with vinaigrette. Transfer fish to a plate.

Step 4

Transfer potatoes to the prepared baking dish, then nestle fish on top. Sprinkle with a pinch of salt and a pinch of paprika, then drizzle with a bit of oil.

Step 5

Bake in the preheated oven until fish flakes easily with a fork, about 15 minutes.



PHOTO: THE GRUNTLED GOURMAND

I MADE IT 

PRINT 

Nutrition Facts

(per serving)

561

Calories

19g

Fat

51g

Carbs

47g

Protein

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Reviews (105)



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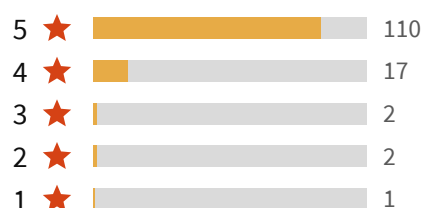


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★★★★☆ 4.8 out of 5

132 Ratings



Most helpful positive review



Kathleen Klebe



06/02/2016

We loved this! my husband said "best fish ever". I did change 2 things-I used red pepper instead of jalapeño and 1T each of sherry and white wine vinegar instead of sherry vinegar. I think next time I'll use a bit more liquid so there's more sauce for the potatoes! It was great!

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Tammy



04/15/2023

This was WONDERFUL! Instead of making it in 2 individual ramekins I used one bigger one. I actually think 6 oz of fish would suffice for 2 people. I used 6 small waxy potatoes. Store didn't have red jalapeños so I used a green one. I also removed the seeds but next time I would leave a few in. Definitely company worthy!! I suppose if you don't want to splurge on sea bass you could use cod and save a little money. I served it with honey roas [Read More](#)



[Helpful \(0\)](#)



Fe En Lipe



04/08/2023

Great recipe. Very simple and extremely tasteful.



[Helpful \(0\)](#)



Marcie Loftis



02/25/2023

I was looking for a different way to make Sea Bass. This was excellent . I didn't have Sherry Vinegar do substituted Rice Vinegar . It was outstanding . The Paprika gave it such a deep Smokey flavor . It was so different and great .



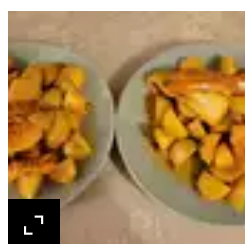
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Allrecipes Member



01/01/2023



My fiancé and I decided to cook this together for New Years Eve. The recipe was very easy for us to follow. We would probably add more seasoning the next time to give it a little bit more flavor.

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Babsy



08/26/2022

Love this recipe. It's my go-to for company. If I'm out of sherry vinegar, I substitute Nakano rice wine vinegar (mild&mellow) and it does the job. I double up on the sauce and add more potatoes and slice them up and pan fry them for breakfast the next day. Sooooo delicious and flavorful.

PS Watch the time as 15 mins can be way too long depending on the thickness of your sea bass. I almost overcooked this the first time I made it, so be sure to check for doneness.

 [Helpful \(0\)](#)



DoBella



07/10/2022

The very best Sea Bass ever. Better than any other. Thanks.



Helpful (0)



Cathy Wilhoite



02/09/2022

Delicious! Super easy and very pretty. Just be careful with the potatoes. I didn't cut mine small enough. They were not quite cooked. Next time, I'll put them in the oven first. The pre-cook in the microwave wasn't enough. Had to use cod as that was all my grocery store had. Can't wait to try with sea bass. I also added green beans. Excellent.

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Helpful (0)



Colin's



01/25/2022

Wonderful, will be making it again in the near future. Didn't have red jalapeno so I

substituted 1/2 a green jalapeno and a red mini-pepper.

 [Helpful \(0\)](#)



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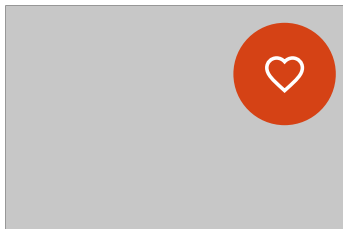
01/15/2022

It was outstanding and easy to make. We had friends over for dinner and they loved it as well!

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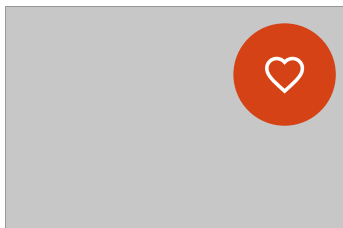
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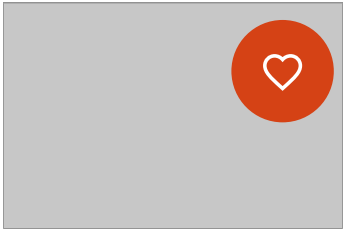
Grilled Sea Bass

★★★★☆ 408



ASIAN

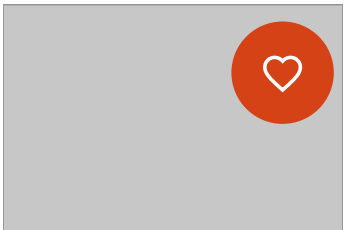
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