

Le Bernardin's Crispy-Skinned Fish

5.0 ★★★★★ 8 Ratings

By GENIUS RECIPES

TEST KITCHEN-APPROVED



Photo by MJ Kroeger. Prop Stylist: Gerri Williams. Food Stylist: Anna Billingskog.

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Le Bernardin's Crispy-S



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SERVES
4

PREP TIME
5 Minutes

COOK TIME
10 Minutes

A simple formula for doing right by fish, adapted from **On the Line** by Eric Ripert and Christine Muhlke (with a surprise ingredient straight out of the 1960s).

Ingredients

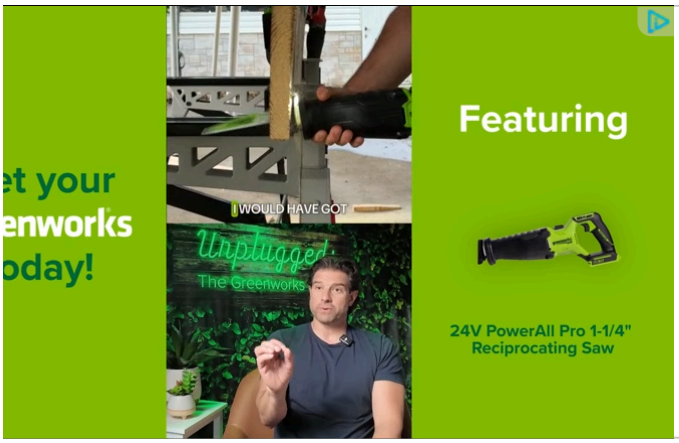
1 tablespoon canola oil (enough to coat the bottom of the

4 (6-ounce) skin-on fish fillets (like striped bass or salmo

1 dash fine sea salt

1 dash freshly ground white pepper (black is fine too, if you don't mind the speckles)

1 handful Wondra flour, for dusting



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Directions

Step 1

Heat the oven to 400°F. Heat the oil in a large, oven- and flame-proof sauté pan on the stovetop until the oil is very hot, but not smoking.

Step 2

Season the fish on both sides with salt and pepper, and dust with Wondra flour. Blow off excess.

Step 3

Put the fish in the pan, skin side down, and press down on the fish with a spatula. (The skin immediately contracts and buckles, but you want to keep it all in contact with the pan for maximum crisping.) Sear on the stovetop over medium h
bottom, about 3 minutes.



Step 4

Turn the fish over, put the pan in the oven, and cook another 2 to 3 minutes, until a metal skewer can be easily inserted into the center of the fillet and, if left for 5 seconds, feels just warm when touched to your lip. Serve immediately.



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