

THE GOODLIFE SOCIETY RECIPE COLLECTION

From the Dr. Kosta & Dave TV Show

Sea Bass Mediterranean (Serves 2)

2 each – 7 ounce Sea Bass Filets (you can substitute any good quality fish for this recipe. Halibut works well also)
1 ounce chopped Sun Dried Tomatoes
1 teaspoon Balsamic Vinegar
2 ounces sliced Kalamato Olive
4 each, u-15 Shrimp – peeled and de-veined
1 tablespoon chopped Herbs (Basil, Oregano and Parsley)
½ teaspoon Garlic
½ teaspoon Shallots
1 cup White wine
3 ounces Butter
2 teaspoons Lemon Juice
1 teaspoon Olive Oil

Dredge fish in seasoned flour. Sauté in medium hot pan until golden brown on both sides and $\frac{3}{4}$ done. Remove from pan and keep in a warm oven. Return pan to heat. Put a little Olive Oil in pan. Turn heat on low. Add garlic and shallots. Cook about 30 seconds then add tomatoes, olives and fresh herbs. Put in the shrimp and sauté until almost done. Add white wine, lemon juice and balsamic vinegar. Reduce by half, add butter and cook slowly. Put fish back in the pan. Finish the dish. The sauce should thicken slightly. Place on serving dish with shrimp on top. Serve with rice pilaf and assorted vegetable medley. Serve with a good Chardonnay.

Bon Appetite!