

Garlic Lemon Grouper

1 pound of grouper
2 Tbl olive oil
3 cloves of garlic, finely minced
the juice of one lemon
2/3 cup of white wine
2 Tbl butter

Preheat oven to 425 degrees

Wash fish and pat dry, Season with salt and pepper

Heat oil in an oven safe nonstick pan over moderate heat

Saute garlic for one minutes, stirring constantly

Lay the grouper on the garlic and fry for 2-3 minutes for each side

Cover and place in oven until cooked thoroughly - can be any time between 10-20 minutes depending on the thickness of the fish. Grouper should be completely white and flake easily when done.

While the fish is cooking, bring lemon juice and white wine to a rapid boil. Reduce liquid to less than half. Remove from heat and whisk in the butter. Top over the grouper and serve immediately.
