

This Citrus Basil Pan-Fried Cod Will Instantly Brighten Your Plate

Pan Fried Cod in a Citrus Basil Butter Sauce



OVEN
250°F

TIME
4 min

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INGREDIENTS

For the Cod:

2 (8 oz) white cod filets

2 oranges

1 lemon

$\frac{1}{2}$ cup olive oil, divided

1 tsp light brown sugar

Salt and black pepper

3 tbsp unsalted butter

Fresh basil (about $\frac{1}{2}$ cup shredded)

Ingredient Swaps:

Use margarine or vegan butter instead of regular butter

Maple syrup or agave in place of brown sugar

Try wild-caught Pacific cod for sustainability

DIRECTIONS

1. Marinate the Cod: Place cod filets in a baking dish.
2. Zest one orange and the lemon, then sprinkle zest over the cod.
3. Squeeze the juice from both fruits over the fish.
4. Drizzle with $\frac{1}{2}$ cup olive oil.
5. Cover and marinate in the fridge for at least 1 hour.
6. Pan Fry the Cod: Preheat the oven to 250°F (120°C).
7. Heat the remaining $\frac{1}{2}$ cup olive oil in a large oven-safe skillet over medium heat.
8. Remove cod from marinade, shaking off excess (reserve the marinade).
9. Season both sides of cod with salt and pepper.
10. Cook the cod in the skillet for 3-4 minutes per side, until golden brown.
11. Transfer the pan to the oven to keep the fish warm.
12. Make the Citrus Basil Sauce: In a separate pan, melt 2 tbsp butter over medium heat.
13. Add brown sugar and the reserved marinade.
14. Squeeze the juice from the remaining orange into the pan.
15. Bring the sauce to a boil, then reduce and whisk until thickened and reduced by half.
16. Add shredded basil and remaining 1 tbsp butter, whisking until smooth.
17. Serve: Plate the cod and spoon warm citrus basil sauce over the top.
18. Garnish with extra basil or a slice of orange for presentation.

SWAPS & NOTES

: clean flavors, juicy fish, and a silky sauce.

Zest one orange and the lemon, then sprinkle zest over the cod.

The brightness reminds me of summer days with a glass of blueberry lemonade .

Squeeze the juice from both fruits over the fish.

TIPS FOR SUCCESS

Don't skip the marinade -it infuses the fish with citrus flavor and helps tenderize.

Use fresh herbs : Basil adds brightness that balances the richness of the butter.

Pair with light sides like roasted asparagus or a simple salad. ?

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/this-citrus-basil-pan-fried-cod-will-instantly-brighten-your-plate/>