

Parsley Lemon Sauce for Fish



https://youtu.be/9v8Wr4G_xYA

Makes about 1/2 cup (125ml)

This parsley lemon sauce is a quick and easy pan sauce made for fish. Bright lemon, fresh parsley, white wine, and cream come together to create a smooth, flavorful sauce that pairs perfectly with pan-seared seafood.

Perfect for weeknight dinners or special occasions, this simple homemade sauce adds a fresh, restaurant-style finish to almost any fish dish.

Ingredients

1/4 cup (63 ml) white wine	2–3 tbsp (6–9 g) fresh parsley, finely chopped
3/4 cup (187 ml) heavy cream	Pinch of black pepper
Zest from 1/2 lemon	Pinch of salt
1 tbsp (15 ml) fresh lemon juice	

Prep Work

Finely chop the parsley before starting so it's ready to add at the end.

Zest the lemon carefully, avoiding the white pith underneath, which can taste bitter.

Cook and remove the fish from the pan before beginning the sauce, keeping it warm while the sauce is prepared.

To Make the Sauce

Remove excess oil from the skillet, leaving behind the flavorful browned bits from the fish.

Pour the white wine into the pan over medium heat. Using a spoon or spatula, scrape the bottom and sides of the skillet to release all of the flavorful bits into the liquid. Simmer the wine until reduced down to roughly 1 tablespoon of liquid remaining.

Pour in the heavy cream.

Add the lemon zest and fresh lemon juice, stirring to combine. Continue cooking over medium heat until the sauce thickens and begins to coat the back of a spoon.

Season with a pinch of black pepper and salt.

Remove the sauce from the heat and stir in the chopped parsley until fully incorporated.

Taste and adjust seasoning if needed.

Spoon the sauce over warm fish and serve immediately.

To Serve

Serve over pan-seared fish, salmon, cod, tilapia, trout, or shrimp.

Pairs well with roasted vegetables, rice, mashed potatoes, or pasta.

Best served warm immediately after preparing.

Tips & Substitutions

Chardonnay works especially well in this sauce, but most dry white wines can be used.

Do not boil the cream aggressively or the sauce may separate.

Fresh lemon juice gives the brightest flavor compared to bottled juice.

For a lighter sauce, substitute half-and-half for part of the cream.

Fresh parsley is strongly recommended, as dried parsley will not provide the same fresh flavor or color.

If the sauce becomes too thick, loosen it with a small splash of cream or water.