

# *In the Galley with Trudy*

## *Sea Bass with Saffron Sauce*

4 sea bass fillets  
2 shallots  
1 bay leaf  
1 cup white wine

1 cup cream  
2-3 Tbs butter for cooking  
salt & freshly ground pepper  
pinch of saffron

**P**an fry the bass in some of the butter until it is cooked.

For the sauce, melt more butter, and add the chopped shallots and bay leaf. Let this cook for 5 minutes. Add the wine and cook until sauce is reduced by half. Add the cream and cook until sauce is again reduced by half. Season with saffron. Add salt and pepper to taste. •

