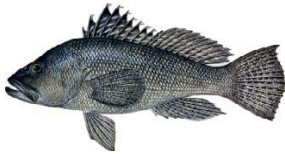


Sundowner Fish Recipes



Fish Piccata

Serves 4

TYPES of FISH:

Porgy
Blackfish
Fluke
Flounder
Codfish
Sea Bass

Ingredients

4 tablespoons olive oil
8 small fish fillets (like porgy, flounder, fluke or blackfish, about 2 pound total)
kosher salt
fresh ground black pepper
1/2 cup flour

1/2 cup white wine
4 lemons, juiced
4 tablespoons capers (chopped if large)
4 tablespoons butter (or margarine)
3 tablespoons chopped fresh parsley

Method

Heat the olive oil in a large saute pan over medium high heat. While the pan is heating, blot the fish dry with paper towels and season with salt and pepper. Dredge in the flour, shaking off any excess. Saute the fish in the olive oil until just cooked through, about 4 minutes, turning over halfway through. Remove the fish to a platter. Deglaze the pan with the white wine, whisking for about 1 minute. Add the lemon juice and capers and stir. Add the butter and stir or whisk to incorporate to bring the sauce together. Pour onto the fish and garnish with the chopped parsley. Prep Time: 10 mins. Total Time: 20 mins.