



## Fish Piccata

*Adapted from Melissa d'Arabian*

BAH Note: This is a quick cooking dish. Be sure to have all your ingredients prepped and ready before you start cooking. Don't be tempted to dredge the fish in the flour and then let it sit on a plate while the oil heats. You'll end up with gummy fish. While I personally enjoy gummi or swedish fish, you want to avoid gummy fish piccata.

- 2 tablespoons olive oil
- 4 small fillets of tilapia or sole
- 1/4 cup flour
- 1/4 cup white wine
- juice of 2 lemons
- 2 tablespoons capers, rinsed if you prefer
- 2 tablespoons butter

Heat the olive oil in a large frying pan over medium high heat. While the oil heats, dry the fish with paper towels and season with salt. Once you are ready to cook, dredge a fillet in the flour, shake off the excess, and place in the pan. Repeat with remaining fish fillets until all are in the pan

Cook about 4 minutes on each side, until the fish is browned and just cooked through. Transfer the fish to a plate and cover with foil to keep warm.

Use the white wine to deglaze the pan, scraping up any browned bits from the bottom. After about a minute, add the lemon juice and capers and whisk to combine. Whisk in the butter.

Serve the fillets topped with the sauce.

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