

HOOKED ON FISH

Fresh. Simple. Sustainable.

Pan-Seared Meagre with Lemon-Caper Sauce

HOF

For the fish:

2 6-ounce meagre fillets
Olive oil
Salt and pepper
Canola oil for the pan

For the sauce:

3 tablespoons butter
1 tablespoon lemon juice
1 tablespoon capers
1 tablespoon parsley, chopped

Preheat oven to 425°.

Lightly score the skin of the fish. Using a sharp knife, make 3 or so (depending on size) parallel cuts on a diagonal, about ¼" deep. Heat canola oil in an oven-proof skillet. Drizzle both sides of fish with olive oil and season with salt and pepper. Sauté fish, skin side down, on medium-high heat for about 4 minutes (or until fish easily releases from the pan. Turn over and put the pan in the oven for about 6 minutes (depending on thickness of fish).

Once fish is done, transfer fillets to a plate and cover with foil. Pour off the remaining olive oil, then add butter to pan and stir periodically until butter just begins to brown. Add capers and lemon juice to heat through.

Spoon butter over the fish, top with parsley. Add a squeeze or two of lemon to taste.

Check our website for more recipes:

<https://www.hookedonfishchicago.com/recipes>