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Fish Piccata

Inspired by, Food Network

Serves: 4

**Prep time: 10
mins.**

Skill level: easy

**Cooking method: Stove
Top, Sauté Pan**



ingredients:

- 2 tablespoons olive oil
- 4 small white fish fillets (such as tilapia, cod or sole), about 1 pound total
- Kosher salt and freshly ground black pepper
- 1/4 cup flour
- 1/4 cup white wine
- 2 lemons, juiced
- 2 tablespoons capers
- 2 tablespoons butter
- 2 tablespoons chopped fresh parsley



instructions:

Step 1- Heat the olive oil in a large saute pan over medium-high heat.

Step 2- While the pan is heating, blot the fish dry with paper towels and season with salt and pepper.

Step 3- Dredge in the flour, shaking off any excess.

Step 4- Saute the fish in the oil until just cooked through, about 4 minutes, flipping halfway through. Remove the fish to a platter.

Step 5- 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.

Step 6- Pour onto the fish and garnish with the chopped parsley.



grandpa's thoughts:

This is so simple and delicious! It goes great with a veggie and some pasta.

Use a fresh white fish. Find one on sell and give it a try. The family will love it.

