

# Sole Piccata

PREP TIME 10 mins

COOK TIME 10 mins

TOTAL TIME 20 mins

SERVINGS 4 servings

Have everything ready before you start cooking the fish, as the recipe comes together very quickly.

## Ingredients

- 1 pound thin, skinless fish fillets
- 1 teaspoon salt
- 1 teaspoon finely ground black pepper
- 1/3 cup flour for dredging
- 4 tablespoons extra virgin olive oil
- 1/2 cup dry white wine (such as Sauvignon blanc or pinot grigio)
- 2 tablespoons lemon juice
- 1/4 cup small capers
- 1/4 cup chopped fresh parsley
- 2 tablespoons butter

### 1. Dredge fillets in flour

Rinse the fish in cold water and pat them dry. In a small bowl, whisk together the flour, salt, and pepper. Then place the flour mixture in a long shallow bowl or dish. Dredge the fillets in the flour so that both sides are lightly coated.

### 2. Fry fillets until golden

Heat the olive oil over medium-high heat in a large stick-free sauté pan.

When the oil is hot (add a little pinch of flour to the oil, and if it sizzles immediately, you're ready), work in batches and place the fish fillets in the pan in one layer and fry until golden, about 2 minutes per side. Add more oil to the pan if needed.

3. Remove fish to a paper-towel lined plate  
Once browned on both sides, remove the fish fillets from the pan, set them on a paper towel-lined plate (or keep them warm in a 200°F oven).
4. Deglaze pan with wine  
Add the white wine to the pan and use a wooden spoon to scrape up any browned bits from the bottom of the pan.
5. Add lemon juice and capers  
Let the wine boil furiously for a minute or two, until greatly reduced, then add the lemon juice and capers. Boil another minute.
6. Swirl in butter  
Turn off the heat. Add 1 Tbsp of butter to the pan, swirling it constantly. When it melts, repeat the process with the other tablespoon of butter.
7. Serve  
Stir in half of the parsley and pour it over the fish. Sprinkle the fish with the remaining parsley. Serve at once.