

# Easy Fish Piccata

## Ingredients

1 pound trout fillet, or other thin white fish fillet  
such as sole, halibut, or grouper  
Kosher salt and black pepper  
1 teaspoon dried oregano  
1 teaspoon paprika  
 $\frac{3}{4}$  teaspoon garlic powder  
 $\frac{1}{4}$  cup flour for dredging

$\frac{1}{3}$  cup extra virgin olive oil  
3 tablespoons unsalted butter divided  
2 lemons for the juice  
 $\frac{1}{2}$  cup white wine or chicken broth  
4 tablespoons capers rinsed or  
drained  
Fresh chopped parsley for garnish

## Method

Season the fish on both sides with salt and pepper. Mix the oregano, paprika, and garlic powder and season the flesh side of the fish.

To dredge, coat the fish on both sides with the flour. Gently shake excess flour.

In a large cast iron skillet, heat the olive oil and 2 tablespoons of unsalted butter over medium-high heat. Carefully add the fish and cook for 2 to 3 minutes on each side (a total of 4 to 6 minutes), or until the fish is firm and flaky (being careful not to overcook the fish). Transfer the fish to a tray lined with paper towel to drain excess oil.

To the same pan, add 1 more tablespoon of unsalted. Lower the heat, and add the lemon juice, white wine, and capers. Cook briefly over medium heat.

Return the fish to the pan and spoon the sauce over the fish (give it just a few seconds to warm through in the sauce).

Garnish with parsley and red pepper flakes, if using. Serve immediately!

