

Pan Fried Skate Wings with Capers

Ingredients

4 Skate Wings, boneless & skinless	1/2 cup sweet red peppers, cut into 1/2 inch cubes
1/2 cup milk	
Salt & freshly ground black pepper	1/3 cup drained capers
4 tbsp all-purpose flour	2 tbsp finely chopped shallots
3 tbsp vegetable oil	2 tbsp red wine vinegar
4 tbsp butter	4 tbsp finely chopped parsley

Directions

Put the skate fillets in a dish large enough to hold them in one layer. Pour the milk over them and sprinkle with salt and pepper to taste. Turn the fillets in the milk so they are coated on both sides.

Lightly dredge the fillets on both sides in the flour. Heat the oil in a large nonstick skillet over medium-high heat. When the oil is hot but not smoking, add the fillets. Sauté on one side until golden brown, about 3 minutes. Turn and cook on the other side until golden brown, about 3 minutes more. When the fillets are done, transfer them to a warm plate.

Wipe out the pan and return it to the heat. Melt the butter and add the red peppers, shaking the pan frequently until the butter turns light brown. Add the capers, cook briefly and add the shallots, vinegar and parsley. Cook briefly and pour the sauce over each fillet evenly. Serve immediately.

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