



Prep Time: 5 min.



Cook Time: 10 min.

Halibut Piccata

- 1 pound of 1-inch halibut fillets
- 2 eggs
- ½ cup flour
- ¼ cup of Canola Oil
- ⅓ stick of Salted butter
- 1 lemon
- 2 Tbsp. capers
- Fresh Parsley chopped
- Salt and pepper to taste

DIRECTIONS: Pat dry 1-inch halibut fillets (butterfly larger fillets). Egg wash each fillet and coat in flour. Bring skillet to a medium heat using Canola Oil cook each side approx. 4 min. till light golden brown. Remove halibut at this time. Melt 1/3 stick of butter mix in ½ tsp of flour and cream together for 4 min. Add juice of 1 lemon , 2 Tbsp of capers stir to make a smooth sauce. Plate the Halibut and spoon the sauce over the fillets. Salt and Pepper to taste and garnish with fresh Parsley.



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