

Fish Picatta



Ingredients:

- 2 tablespoons olive oil
- 4 small white fish fillets (list follows), about 1 pound total
- Kosher salt and freshly ground black pepper
- ¼ cup flour
- ¼ cup white wine
- 2 lemons, juiced
- 2 tablespoons capers
- 2 tablespoons butter
- 2 tablespoons chopped fresh parsley

Method:

1. Heat the olive oil in a large sauté pan over medium-high heat.
2. While the pan is heating, blot the fish dry with paper towels and season with salt and pepper.
3. Dredge in the flour, shaking off any excess.
4. Sauté the fish in the oil until just cooked through, about 4 minutes, flipping halfway through. Remove the fish to a platter.
5. Deglaze the pan with the white wine, whisking for about 1 minute.
6. Add the lemon juice and capers and stir.
7. Add the butter and stir or whisk to incorporate to bring the sauce together.
8. Pour onto the fish and

Swordfish is like the “steak of the sea”. It is very meaty, and the texture is very dense. The meat remains moist even after cooking, and there is a subtle, mild sweetness with every bite. If you love your steaks, but you want some seafood, then go for a swordfish steak. Swordfish is best cooked on the grill or pan-fried.

Halibut is firm and meaty, but also very lean and flaky. The taste is mild, and there is a hint of sweetness. It does not have a lot of oil content. Be careful not to dry it out when cooking with dry heat (such as grilling).



Cod, the “chicken of the sea”. Cod is white, delicate, and flaky. The taste is mild, so there is not anything that makes it overpowering. Buying quality cod, you will taste a hint of butter. The reason why cod is labeled “the chicken of the sea” is also because it is so versatile (just like chicken). You can cook it in many ways, and it will turn out great. Really, it is hard to mess up cod, so go ahead and bake, fry, poach, broil, sear, or grill it; it will still be tasty.

Chilean sea bass tastes nothing like freshwater bass. If you are turned off the fishy taste that comes with fishes, this is the choice for you. Chilean sea bass has the least fishy smell and taste to it. Give it a try if you are also cooking for someone who is not too fond of fish. The meat is high in healthy omega-3 fats. It is firm with a very meaty texture. The meat is very mild, but there is a hint of sweetness to it. You can grill it, pan-fry, steam, or poach it.

Salmon. Some will say they just do not know any better, but you and I cannot argue that salmon is delicious regardless. What has not to love about its rich, fatty, and buttery taste? The subtle texture just makes it even better.

Yellowtail tuna, also known as Japanese amberjack, is an option you do not want to miss. It has a rich, fatty taste and the texture is subtle (almost like salmon). You can grill it, pan-fry it, or sear it. However, the next time you are out for sushi, try something on the menu with yellowtail.

Yellowfin tuna, also known as Ahi tuna, is popular among many. If you have never had yellowfin tuna, you are in for a treat. Grill it or sear it. However, do not skip out on fresh yellowfin tuna sashimi.

Red snapper offers a mild and slightly sweet tasting meat. The meat provides a firm and oily texture. It is also very versatile. You can bake it, fry it, broil, or grill it.

Mahi Maui’s pinkish meat offers a taste that is similar to tuna and swordfish. It has a subtle texture and large flakes. The flavor is mild; there is not any overpowering fishy taste. If you like tuna or swordfish, try Mahi Mahi. If you have never had it before, do not miss out. It is great grilled, fried, or baked.

Grouper provides a lean and mildly sweet flavored meat. It’s firm, with heavy flakes. Grouper stays moist even after cooking. Cook it however you like because it will still come out delicious.

Bluefin tuna. If you ask anyone what is the best-tasting fish to eat, the answer is going to be bluefin tuna. It is that good, and you are seriously missing out. There is a reason why the price tag on these is so high (but they are worth it). If I had to choose one fish from this list, go with bluefin tuna.

Sand dabs are a small type of flounder, generally weighing in at less than a pound and measuring just 6 to 8 inches long. The fish have a sweet, soft texture that is uncommonly moist and mild. Pacific sand dabs are considered a sustainable choice for seafood and can be sautéed, fried, grilled, baked, or boiled.