

SKATE WING WITH BROWN BUTTER & CAPER SAUCE

SERVES 2

INGREDIENTS

- 1 cup plain flour
- 2 400–500g skate wings, skinned
- Olive oil
- 150g butter
- ½ lemon, juiced
- 2 tbsp capers
- Bunch flat-leaf parsley, roughly chopped



- Warm a frying pan over a medium heat. Spread the plain flour out on a plate and coat the skate wings on both sides.
- Drizzle olive oil into the frying pan and add in the skate wings, thick side up. Cook for 3–4 minutes, until golden-brown on the bottom, then turn and cook for another 3–4 minutes. Remove from the heat and rest for 2 minutes.
- Check to see whether the skate wings have cooked through (see page 11 of the book). If not, return to the pan for another minute or so.
- Place a saucepan onto a high heat and, when hot, add the butter. Once the butter has melted and started to turn golden-brown, add the lemon juice, capers and flat-leaf parsley, and remove from the heat.
- Arrange the skate wings on 2 prewarmed plates and drizzle with the brown butter and caper sauce. Serve immediately.