

# Skate Fish Meunière



## Instructions:

- **Prepare the Fish:** Pat skate fish dry, season with salt and pepper. Lightly dredge in flour, shaking off excess.
- **Cook the Fish:** Heat 2 tbsp butter and olive oil in a skillet over medium-high heat. Cook fish for 4-5 minutes per side until golden and cooked through. Transfer to a warm plate.
- **Make the Sauce:** In the same pan, melt 1 tbsp butter, cooking until golden-brown. Stir in lemon juice, capers, and parsley; simmer for 30 seconds.
- **Serve:** Pour sauce over skate fish and garnish with lemon wedges. Squeeze fresh lemon for added brightness.

## Ingredients:

- 2 skate Fish (about 1 lb each)
- 1/2 cup all-purpose flour
- Salt and freshly ground black pepper
- 3 tbsp butter, divided
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 2 tbsp capers, drained
- 2 tbsp fresh parsley, chopped
- Lemon wedges, for serving