



recipe card

2026

NAME OF DISH

Picatta Style Sauce for Fish

CATEGORY

Fish (Lake Trout)

PREP TIME

15-20 mins

COOK TIME

30-40 mins

INGREDIENTS

- 2-4 boneless/skinless fish fillets
- 2 oz avocado, oil or blended olive oil
- Salt and pepper for seasoning
- 2 Tbsp capers
- 2 Tbsp chilled butter
- All-purpose flour for dredging fish +1 Tbsp
- 2 oz white wine
- 2 oz chicken or vegetable broth
- 1/2 lemon juice

notes

Sprinkle with chopped parsley and serve with lemon wedges.

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directions

- Heat a sauté pan or cast-iron pan with the oil until it just about smokes. Season the fish with salt and pepper. Dredge the fish in the all-purpose flour, shaking off any excess and place in the pan presentation side down. Sauté until golden brown.
- Turn over. Continue to sauté for a few moments.
- Drain off excess oil. Leaving the fish fillets in the pan, add the capers & allow to get a little golden brown. Add the butter and sprinkle in some of the flour – this will help to thicken the pan sauce. Add the white wine, stock and lemon juice. Stir. If the sauce is too thick, add more liquid. If too thin, add some cold butter and a little flour, simmer on high.



- Plate the fish and pour the sauce over the fish fillets.