

# FJORD

## FISH MARKET



### Skate Wing with Tomatoes and Capers

*One of our favorites from yummlly.com*

Ingredients	Instructions
<ul style="list-style-type: none"><li>• 16 ounce skate wing fillet, cut into four sections</li><li>• 1/2 cup flour for dredging</li><li>• 3 tablespoons butter</li></ul> <p>For the sauce:</p> <ul style="list-style-type: none"><li>• 1 shallot, finely chopped</li><li>• 2 medium sized tomatoes, finely chopped</li><li>• 2 tablespoons capers, finely chopped</li><li>• 1 to 2 tablespoons olive oil</li><li>• Salt and pepper to taste</li></ul>	<p>To cook the fillets: Dredge each section of skate wing with flour and shake the fillets to remove excess flour. Heat a skillet over medium heat and add half of the butter to the pan. Add the skate fillets to the pan and pan-fry on one side until the surface is golden brown, then add the rest of the butter to the pan and pan-fry on the other side, 1 to 2 minutes per side. Remove the fillets from the pan and keep on warmed plates.</p> <p>Add the shallots to the pan and cook over medium heat until softened, about 3 minutes. Add tomatoes and capers to the pan, making sure to include the juices of the tomatoes. Simmer until the mixture begins to look like a thickened sauce, about 2 minutes. Remove from the heat and add olive oil, salt, and pepper to taste.</p> <p>Spoon the sauce over and around each fish fillet. Serve immediately.</p>