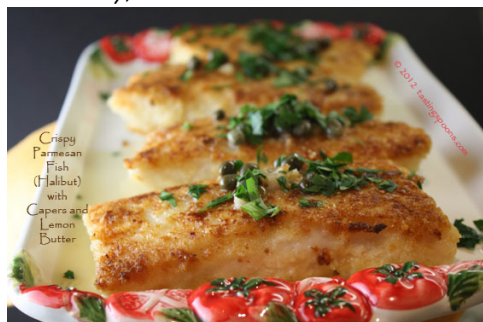


# Crispy Parmesan Fish with Capers and Lemon Butter

Phillis Carey, cookbook author and instructor 9/2012



**Servings: 6**

*You won't use all of the coating mixture, probably, so the nutrition info is incorrect. I used a bit less oil and butter both.*

36 ounces fish, white type - tilapia, cod, catfish, halibut or sea bass

1 cup flour

1 cup buttermilk

20 each Ritz crackers, or Trader Joe's "Golden Rounds", crushed to make coarse crumbs

1/2 cup Parmigiano-Reggiano cheese, grated

1/4 cup grapeseed oil

4 tablespoons unsalted butter

1 tablespoon capers, rinsed and drained

1/4 cup dry white wine, or vermouth

2 tablespoons fresh lemon juice

**GARNISH:**

6 pieces sliced lemon

Parsley sprigs

1. Cut the fish into 6 equally-sized pieces. Dip in flour, shaking off excess. Dip into buttermilk and then gently press into the cracker crumbs mixed with the Parmigiano cheese. Flip back and forth to coat well. Set fish on parchment paper and chill for 1-2 hours if time permits.

2. Place the oil and HALF the butter in a large NONSTICK skillet over medium heat. Add fish and cook until golden brown on both sides, about 8 minutes total. If the fish is not done at this point (thicker pieces may not be) transfer fish to a rack set over a baking sheet and bake at 375° for a few minutes to finish cooking (cooking time will vary depending on thickness of the fish).

3. After fish is removed from skillet, pour off any remaining fat and add capers, wine and lemon juice. Bring to a boil, turn off heat, then add the remaining butter and swirl until it's melted. Drizzle over fish immediately and garnish with lemon slices and parsley.

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Per Serving (excluding unknown items): 332 Calories; 22g Fat (60.5% calories from fat); 7g Protein; 25g Carbohydrate; 1g Dietary Fiber; 27mg Cholesterol; 276mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>