

Picatta is a wonderful easy to prepare dish that is most often made with veal or chicken, but is also wonderful with fish. Today I am going to offer a version with salmon. For a classic picatta which consists of white wine, lemon juice, and capers, the salmon works very well. A lighter fish may get lost in the sauce, it will still be good, but you may lose some of the nuance of the fish. The recipe, whether it is veal, chicken, or fish, is basically the same. Brown the meat in a skillet with a little bit of olive oil. Remove the meat when done and deglaze the pan with the white wine and lemon juice. Reduce the liquid and then add the butter and capers. This recipe should give you a salmon that is medium rare to medium. If you like your fish cooked more add 1-2 minutes to each side at a slightly lower heat. There is also no salt in this recipe. The capers add a lot of salty flavor so in most cases additional salt is not needed. This recipe is very quick, very easy, and very delicious and goes great with Resta "Gelso Moro" Chardonnay.

Ingredients:

2 tablespoons olive oil
4 - 6 ounce salmon filets
 $\frac{1}{2}$ cup Resta Chardonnay
Juice of 2 lemons
2 tablespoons capers
4 tablespoons butter
2 tablespoons chopped Italian parsley

Method:

Heat the olive oil over medium high heat.

Place the salmon filets skin side up in the pan. Sauté for 3-4 minutes and turn them over. Sauté for 3-4 minutes and remove from pan.

Deglaze with wine and lemon juice and allow it to reduce by half.

Add the capers and the butter stirring constantly.

Return the fish to the pan for 2 minutes and serve.

Garnish with the chopped parsley and mangia, mangia!

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